

# The Garden of Eden Diet



Quotations from *The Ministry of Healing* [Ellen G White](#)

"In choosing man's food in Eden, the Lord showed what was the **best diet**; in the choice made for Israel He taught the same lesson. He provided them (the children of Israel) with the food best adapted for this purpose, **not flesh, but manna, "the bread of heaven."**

"It was only because of their discontent and their murmuring for the fleshpots of Egypt that **animal food was granted them**, and this only **for a short time. Its use brought disease and death to thousands...** Upon their settlement in Canaan, the Israelites were permitted the use of animal food, but under **careful restrictions** which tended to **lessen the evil results**. The use of **swine's flesh was prohibited**, as also of other animals and of birds and fish whose flesh was pronounced unclean. Of the meats permitted, the eating of the **fat and the blood was strictly forbidden.**"

"Through **disobedience to God, Adam and Eve lost Eden**, and **because of sin the whole earth was cursed**. But if God's people followed His instruction... As in obedience to His natural laws, and to His moral law, the hearts of the people would reflect the attributes of His character.

"In departing from the plan divinely appointed for their diet, **the Israelites suffered great loss**. They desired a **flesh diet**, and they **reaped its results**.

"**They did not reach God's ideal of character or fulfil His purpose.**"

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## THE GOD-GIVEN DIET FOR MAN

Ellen G White claimed she was the Lord's messenger and given 'inspired interpretations' of the Scriptures through visions on Health reform and [diet](#) for God's chosen people...

\* *The Original Diet - outlined at Creation* in the Garden of Eden was fruit, nuts and seeds.

\**The first modification on the Original Diet plan - given when Adam and Eve were excluded from the Garden of Eden after taking the forbidden fruit from the Tree of Knowledge. God was displeased and took away the Tree of Life but now allowed Adam and Eve to eat vegetables.*

\**The second modification on the Original Diet plan - permission was given to mankind to eat meat after the Flood, except for Biblically 'unclean' foods including pork, duck and shellfish. Of the meats permitted, the eating of the fat and the blood was strictly forbidden. The compromise was that lives would be shortened because sin would be followed by disease and ultimately death.*