

**Coarse Vegetables** (leaves, stems, root, bulb of plant) come  
out of the ground or from stalks- **Eat cooked:**

artichokes          onions          potatoes          rhubarb  
asparagus          palm hearts          radicchio          spinach  
**bamboo shoots**          parsnips          turnips          rutabaga          taro/ yucca  
beans (hard)  
beets  
escarole  
broccoli  
cabbage  
cardoon  
carrots  
cauliflower  
**celery**  
chard  
garlic  
kale  
leeks  
mustard greens

**COOKED VEGETABLES**

A few simple articles of food, cooked with care and skill, would supply all the real wants of the system.

No greater luxuries are required than good wheat-meal bread, gems, and rolls, with a simple dessert, and the vegetables and fruits which are so abundant in most countries. These articles should be provided in sufficient quantity and of good quality, and when well cooked, they will afford a wholesome, nourishing diet. {GosHealth, April 1, 1898 par. 12}

Fruits and grains and vegetables would, if cooked properly and eaten in moderate quantities, be proper articles of diet. {16MR 173.1}

**Non-coarse salads-**  
**Eat raw:**

arugula  
Boston (butter) lettuce  
chicory  
endive  
green leaf  
lamb's lettuce  
mache  
oak leaf lettuce  
purslane  
red leaf  
romaine  
sorrel

**Fruits** (seed or flower part of plant) grow from vines, bushes or trees-Eat raw or cooked:

apples

avocado

bananas

berries

bell peppers

cherries

**CORN** (even though a husk)

**cucumbers**

dates

Edame

**eggplant**

figs

grapefruit

**green beans**

lemons/ limes

melons

okra

**olives**

oranges

peas

pumpkins

squash

sugar snap peas

tomatoes

zucchini

**Vegetable and fruits should be eaten at separate meals.**

**It is not well to eat fruit and vegetables at the same meal.** If the digestion is feeble, the use of both will often cause distress, and inability to put forth mental effort. **It is better to have the fruit at one meal, and the vegetables at another.** {CD 112.3}

**Too great a variety of food at one meal** causes a disturbance in the digestive organs. Weakly **children who eat vegetables and fruit at the same meal often become fretful and peevish.** These children are regarded as having a very bad disposition, when the real cause of their irritability is the food that is provided for them by their parents. {18MR 84.1}

**Fruit- Olives seem to be the exception:**

**Olives** may be so prepared as to be **eaten with good results at every meal.** The advantages sought by the use of butter may be obtained by the eating of properly prepared olives. **The oil in the olives relieves constipation,** and for consumptives, and for those who have inflamed, irritated stomachs, it is better than any drug. As food it is better than any oil coming secondhand from animals. {CH 477.4}

## VEGETABLE or FRUIT?

Lettuce is a vegetable because it is an edible plant part, and **does not develop from an ovary, which is the technical definition of a fruit.** Every vegetable comes from the root, stem, bulb, leaves, tubers, and flowers of a plant. Given lettuce's leafy nature, it is quite easily classified as a vegetable.

A fruit is the part of a plant that **develops from the flower and contains the seeds of the plant.** According to botanical definitions, **the fruit of a plant is what allows the plant to reproduce.** It develops from the ovary of the flower and contains the seeds the plant needs to reproduce into future generation. By this definition, a cucumber is a fruit. It develops from the flower of the cucumber plant and contains the seeds. This also means that lots of other “vegetables” are also fruits: beans, peppers, pumpkins, okra, and of course, tomatoes.

**CORN** *Wikipedia-* The leafy stalk of the plant produces pollen inflorescences and separate ovuliferous inflorescences called ears that yield kernels or seeds, which are fruits.<sup>[3]</sup>

I advise the people to give up sweet puddings or custards made with eggs and milk and sugar, and to eat the best home-made bread, both graham and white, with dried or green **fruits**, and let that be the **only course for one meal**; then let **the next meal** be of nicely **prepared vegetables**.—  
Unpublished Testimonies, October 29, 1894. {HL 82.6}

If he is strict to eat only vegetables at one meal and fruit at the next and [not] eat both at the same time, he can do much toward a more healthy condition of the digestive organs. {Lt49a-1892.2}

## Fruit

Vegetables that are stale or of poor quality are likely to be unpalatable and unwholesome. **So with fruits. Ripe and fresh, they are as wholesome as they are delicious; but green, partly decayed, or overripe fruit should never be eaten raw.** When cooked, unripe fruit is less objectionable. **So far as possible, however, we should use fruit in its natural state.** The more we accustom ourselves to use it **fresh from the tree,** the greater will be our enjoyment of fruit, and the more benefit we shall receive from its use. {PHJ, July 1, 1905 par. 7}

For those who can use them, good vegetables, prepared in a healthful manner are better than soft mushes or porridge. **Fruits** used with thoroughly cooked bread two or three days old will be more healthful than fresh bread. This with slow and thorough mastication, will furnish all that the system requires. {PC 161.3}

## **ONLY 4 FOOD CATEGORIES IS ALL WE NEED:**

**“In grains, fruits, vegetables, and nuts are to be found all the food elements that we need...”**  
(CD 92.2)

**Nature’s laws are not to be resisted, but obeyed.** {RH February 24, 1910, par. 3}

## Coarse Vegetables & Raw Vegetables??

In the study of hygiene, students should be taught the nutrient value of different foods. The effect of a concentrated and stimulating diet, also of foods deficient in the elements of nutrition, should be made plain. Tea and coffee, fine-flour bread, pickles, coarse vegetables, candies, condiments, and pastries fail of supplying proper nutriment. Many a student has broken down as the result of using such foods.... {Ed 204.3}

"albumen of vegetable origin is better when cooked..." {May 7, 1903 EJW PTUK 301.8}

**Albumen-** Botany, the nutritive matter around the embryo in a seed

A Scotchman is launching **a new form of vegetarianism in Paris**. Its members eat and drink nothing but uncooked vegetable foods and natural liquids. {June 21, 1894 EJW, PTUK 398.13}

\*\*\*Notice in 1894, a Scotchman came up with the raw diet in food and drink. THIS DID NOT COME FROM ADVENTISTS. IF THIS WAS THE DIET FOR US, GOD WOULD HAVE GIVEN ELLEN THAT COUNSEL IN 1863 WHEN HE GAVE HER THE HEALTH MESSAGE.

The dishes of soft foods, the soups and liquid foods, or the free use of meat, are not the best to give healthful muscles, sound digestive organs, or clear brains. O how slow we are to learn!  
FE 226

Sister H is a woman whose blood is corrupt. Her system is full of scrofulous humors from the eating of flesh meats. The use of swine's flesh in your family has imparted a bad quality of blood. Sister H needs to confine herself strictly to a diet of grains, fruits, and **vegetables, cooked without flesh or grease of any kind.** It will take quite a length of time of strictly healthful diet to place you in better conditions of health, where you will be rightly related to life. It is impossible for those who make free use of flesh meats to have an unclouded brain and an active intellect. {2T 62.1}

### **LIQUID/ HOT/COLD FOODS**

**Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold drinks are injurious for the same reason; while the free use of hot drinks is debilitating.** In fact, **the more liquid there is taken with the meals, the more difficult it is for the food to digest; for the liquid must be absorbed before digestion can begin.** **Do not eat largely of salt, avoid the use of pickles and spiced foods, eat an abundance of fruit,** and the irritation that calls for so much drink at mealtime will largely disappear. **Food should be eaten slowly and should be thoroughly masticated.** **This is necessary in order that the saliva may be properly mixed with the food and the digestive fluids be called into action.** 397 {CCh 224.5} (MH 306)

**Solid foods requiring mastication** will be far better than **mush or liquid foods.** I dwell upon this as essential. I send my warning to the College at Battle Creek, to go from there to all our institutions of learning. Study up on these subjects, and let the students obtain a proper education in the preparation of wholesome, appetizing, solid foods that nourish the system. They do not have

now, and have not had in the past, the right kind of training and education as to the most **healthful food** to make healthful sinews and muscle, and give nourishment to the brain and nerve powers.  
FE 227

**Regularity in Eating.**--Irregularities in eating destroy the healthful tone of the digestive organs, to the detriment of health and cheerfulness. {CG 387.3}

**In no case should the meals be irregular.** If dinner is eaten **an hour or two before the usual time**, the stomach is unprepared for the new burden; for it has not yet disposed of the food eaten at the previous meal and has not vital force for the new work. Thus the system is overtaxed. {CG 387.4}

**Neither should the meals be delayed one or two hours, to suit circumstances,** or in order that a certain amount of work may be accomplished. The stomach calls for food at the time it is accustomed to receive it. If that time is delayed, the vitality of the system decreases and finally reaches so low an ebb that the appetite is entirely gone. If food is then taken, the stomach is unable to properly care for it. **The food cannot be converted into good blood.** If all would eat at regular periods, not tasting anything between meals, they would be ready for their meals and would find a pleasure in eating that would repay them for their effort. {CG 387.5}

### **Over Eating/ Too Many Varieties at One Meal**

**In nine cases out of ten there is more danger of eating too much than too little.** Some invalids who go to the Health Institute for treatment seem to think that they have no work to do in controlling

their appetites. Frequently they eat double the amount their stomach can dispose of. This draws upon the vitality of the system, in order to get rid of the extra burden. {Ms1-1876.18}

The habit of overeating, or of eating too many kinds of food at one meal, frequently causes dyspepsia. **Serious injury is thus done to the delicate digestive organs.** In vain the stomach protests, and appeals to the brain to reason from cause to effect. The excessive amount of food eaten, or the improper combination, does its injurious work. In vain do disagreeable premonitions give warning. Suffering is the consequence. Disease takes the place of health.—Testimonies for the Church 7:257, 1902 {CD 110.7}

Overeating, no matter what the quality of the food, clogs the living machine, and thus hinders it in its work.—[Christian Temperance and Bible Hygiene, 51] Counsels on Health, 119, 1890 {CD 131.4}

### **Eating Between Meals**

**Never Eat Between Meals.**--The stomach must have careful attention. It must not be kept in continual operation. Give this misused and much-abused organ some peace and quiet and rest. . . {CG 389.1}

After the regular meal is eaten, the stomach should be allowed to rest for five hours. Not a particle of food should be introduced into the stomach till the next meal. In this interval the stomach will perform its work and will then be in a condition to receive more food. {CG 389.2}



Mothers make a great mistake in permitting them [their children] to eat between meals. The stomach becomes deranged by this practice, and the foundation is laid for future suffering. Their fretfulness may have been caused by unwholesome food, still undigested; but the mother feels that she cannot spend time to reason upon the matter and correct her injurious management. Neither can she stop to soothe their impatient worrying. She gives the little sufferers a piece of cake or some other dainty to quiet them, but this only increases the evil. . . . {CG 389.3}

Mothers often complain of the delicate health of their children, and consult the physician; when, if they would but exercise a little common sense, they would see that the trouble is caused by errors in diet. {CG 389.4}

**Late "Snacks" a Pernicious Habit.**--Another **pernicious habit is that of eating just before bedtime**. The regular meals may have been taken; but because there is a sense of faintness, more food is taken. By indulgence this wrong practice becomes a habit and often so firmly fixed that it is thought impossible to sleep without food. **As a result of eating late suppers, the digestive process is continued through the sleeping hours.** But though the **stomach works constantly, its work is not properly accomplished.** The **sleep is often disturbed with unpleasant dreams,** and in the morning the person **awakes unrefreshed** and with **little relish for breakfast.** When we lie down to rest, the stomach should have its work all done, that it, as well as the other organs of the body, may enjoy rest. For persons of sedentary habits late suppers are particularly harmful. With them the disturbance created is often the **beginning of disease that ends in death.** {CG 389.5}

## **PERNICIOUS, a.**

1. Destructive; having the quality of killing, destroying or injuring; very injurious or mischievous. Food, drink or air may be pernicious to life or health.

### **Two Meals verses Three Meals**

Your children should not be allowed to eat candies, fruits, nuts, or anything in the line of food, between their meals. **Two meals a day are better for them than three.** {T29 164.2}

**You should not eat more than two meals a day.** If you feel that you must eat at night, take a drink of cold water, and in the morning you will feel much better for not having eaten. {T29 164.1}

**The practice of eating but two meals a day is generally found a benefit to health;** yet under some circumstances persons may require a **third meal**. This should, however, if taken at all, be very light, and of food most easily digested. “Crackers”—the English biscuit—or zwieback, and fruit, or cereal coffee, are the foods best suited for the evening meal. {MH 321.1}

[A cereal coffee (also known as **grain coffee**, **roasted grain drink** or **beverage**) is a hot drink made from one or more cereal grains roasted and commercially processed into crystal or powder form to be reconstituted later in hot water. The product is often marketed as a caffeine-free alternative to coffee and tea. - *Wikipedia*]

### **Third meal—fruits or grain**

If those who only eat two meals have the idea that they must eat enough at the second meal to answer for the third meal also, they will injure their digestive organs. **Let the students have the third meal, prepared without vegetables, but with simple, wholesome food, such as fruit and bread.** {Lt141-1899.4}