

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}

You eat too great a variety at one meal. **Fruit and vegetables taken at one meal produce acidity of the stomach; then impurity of the blood results,** and **the mind is not clear** because the digestion is imperfect.” You should understand that every organ of the body is to be treated with respect. In the matter of diet, you must reason from cause to effect.—Letter 312, 1908 {CD 112.6}

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}

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}

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](#).^[3]

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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}

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}

Please see Sister White's quotes regarding LIQUID foods.

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}