

## Too many combinations / Wrong variety at same meal

415. In all the restaurants in our cities, there is danger that the combination of many foods in the dishes served shall be carried too far. The stomach suffers when so many kinds of food are placed in it at one meal. **Simplicity is a part of health reform.** There is danger that our work shall cease to merit the name which it has borne. {CD 275.4}

**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}

You have felt so fearful you would be reduced in strength that **you have eaten more than was necessary, placed in your stomach a greater amount of food than the system could take care of well.** The result has been in distressing heats and fevers. Take nothing which will increase the appetite for food; unless you restrict appetite, you will never recover health. Your food should be taken dry and take a longer time to masticate it. **Eat slowly and much less in quantity.** **Two or three articles at one meal** is all that should be placed in the stomach. **These varied articles cause fermentation before**

**digestion.** God never designed the stomach as a slop pail. You have made some improvements which are important. You can make more if you will. It is the will power that you need to bring to your aid to use which you do not. {Lt22-1878.5}

My sisters, do not place upon your tables food that is exciting and irritating, but that which is plain, wholesome, and nutritious. Do not have too great a variety at a meal; **three or four dishes** are a plenty. **At the next meal you can have a change.** The cook should tax her inventive powers to **vary the dishes** she prepares for the table, and **the stomach should not be compelled to take the same kinds of food meal after meal.** {RH July 29, 1884, par. 6} {HL 82.2}

**If we would work for the restoration of health, it is necessary to restrain the appetite, to eat slowly, and only a limited variety at one time.** This instruction needs to be repeated frequently. It is not in harmony with the principles of health reform to have so many different dishes at one meal. We must never forget that it is the religious part of the work, the work of providing food for the soul, that is more essential than anything else.—Letter 271, 1905 {CD 275.5}

## FRUITS AND VEGETABLES AT DIFFERENT MEALS

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}

**Puddings, custards, sweet cake, and vegetables, all served at the same meal, will cause a disturbance in the stomach.** Eating fruit and vegetables at the same meal, if the digestion is weak, will cause suffering. **Bread which is two or three days old is more healthful than new bread.** Bread dried in the oven is one of the most wholesome articles of diet. {Lt142-1900.8} *Desserts are usually made from fruit, thus why they can't be eaten with a vegetable meal.*

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}

## VARIETIES PLACED ON TABLE

**Mixed and complicated dishes are injurious to the health of human beings.**—Unpublished Testimonies, November 5, 1896. {HL 82.4}

**Custom has decreed that the food should be placed upon the tables in courses.** Not knowing what is coming next, one may eat a sufficiency of food which perhaps is not the best suited to him. When the last course is brought on, he often ventures to overstep the bounds, and take the tempting dessert, which, however, proves anything but good for him. **If all the food intended for a meal is placed on the table at the beginning, one has opportunity to make the best choice.** (1905) {MH 306.3}

**Far too much time is occupied in the preparation of the mixtures that are placed upon the table.** We need to understand that even in the restaurants it is not necessary to provide such dishes as we have tried to instruct our people should not be put on the table—dessert dishes and other unwholesome articles of diet. Let us return to the position we occupied several years ago. Let every family be determined that they will bring the principles of true health reform into the home. {Ms150-1905.16}

**It is not well to take a great variety of food at one meal.** When a variety of foods that do not agree are crowded into the stomach at one meal, what can we expect but that a disturbance will be created?—Unpublished Testimonies, January 11, 1897. {HL 82.5}

**If we would preserve the best health, we should avoid eating vegetables and fruit at the same meal.** If the stomach is feeble, there will be distress, and the brain will be confused, and unable to put forth mental effort. Have fruit at one meal and vegetables at the next.—The Youth's Instructor, May 31, 1894. {HL 83.1}