



Revealing the Big Picture

Snapshot Bible Concept: "To Eat or Not to Eat?"

Many have strong opinions on this "belly-realm subject," and are quick to state & defend them. However, the Creator told what food was created for mankind to eat (clean-food), and what was created for other purposes, (unclean-food). **Leviticus 11 & Deuteronomy 14** are His punch-list, summarized below. The list is *not* legalism, but rather given from His Love for health. Little is said about plants so we must discern against the unripe, poisonous, inedible, or defiled.

Also **Revelation 18:2** confirms that the clean vs. unclean rules still apply.

Mammals

- Eat anything that has a split hoof **AND** chews the cud.
(Pigs, horses, & camels are out since they don't qualify for both.)
- Don't eat anything with paws, (rabbit, kangaroo, bear, beaver, dogs, etc.)
- Don't eat blood, because the life/soul/nature of the beast is in the blood.
- Don't eat animals that died on their own, even "road-kill,"
- Don't eat animal fat, but can use it & parts of unclean animals for other things.

Fish

- Eat anything that has fins & scales.
- Eliminates shellfish, (clams, mussels, snails, shrimp, lobster, octopus, etc.)
- Eliminates flounder, catfish, etc.
- Scales protect from parasites & toxins. Fins do too by constant movement in cleaner water, as opposed to bottom dwellers, who clean up toxic wastes.

Birds

- Unclean birds (& bats) are listed as not on the menu.

Insects

- Only those of the grasshopper & locust families are clean, (and some say "beetles," which should be translated as wingless locusts or crickets.)

Plants

- Nuts, seeds, grains, fruit & vegetables were created as the focus of the diet.
- **Leviticus 19:23** states that the first 3-years of fruit on fruit trees is unclean, (likely from sucking up heavy metals & other soil toxins, so don't pick them, but once they drop be sure to dispose of them in a non-garden area.)