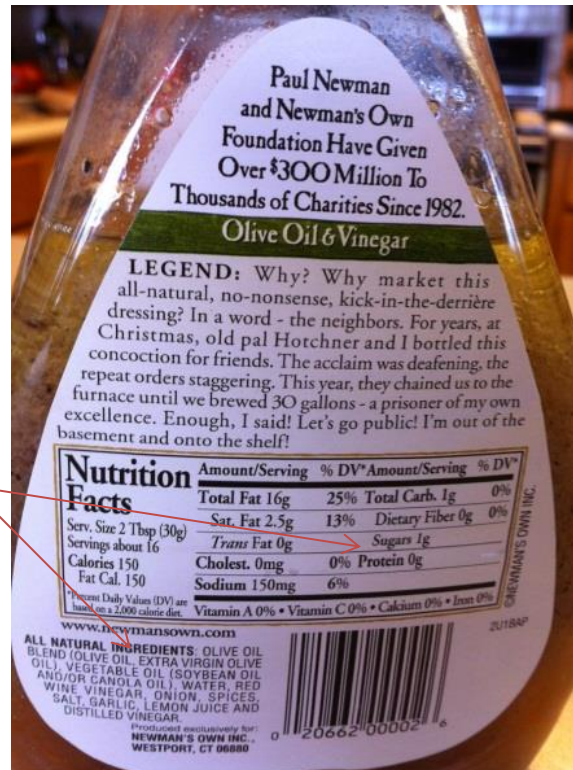


Please make sure to READ THE LABEL when purchasing packaged, canned or bottled foods. Look at the list of ingredients on the label. The contents should be free of all sweeteners and free of all man-made chemicals. Keep this in mind as you review this list of acceptable foods listed in the contents.

This label is for Newman's Own Oil and Vinegar Salad Dressing. It's one of the few bottled dressings that includes only acceptable ingredients.

You want to study the list of **ingredients** so make sure they all comply with the allowable foods for the Daniel Fast Guidelines.

Many foods will list "sugar" in the **Nutritional Facts**, however practically all foods include sugar and this is naturally derived from the ingredients and therefore acceptable for the Daniel Fast. Added sweeteners are not allowed on the fast. Be sure to study the list below so you become aware of the many types of sweeteners used in foods and recipes so you can comply with the guidelines and avoid them.



Foods to include in your diet during the Daniel Fast

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits including but not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley,

potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

All animal products including but not limited to beef, lamb, pork, poultry, and fish. Also, milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, “date honey,” and cane juice.

All leavening agents Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

ⁱ The phrase, “including but not limited to” means that this list is not exhaustive. For example, if you have a fruit that is not on the list, then it would be allowed.