

# Foods of the Bible

<https://www.learnreligions.com/foods-of-the-bible-700172>

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## Seasonings, Spices, and Herbs

Spices and herbs consumed as food in the Bible were used to flavor bread, cakes, meats, soups, and stews and were taken as digestive aids. Coriander, the seed of cilantro, is known today as a powerful anti-oxidant with natural cleansing qualities.

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- **Anise (Matthew 23:23 KJV)**
- **Coriander (Exodus 16:31; Numbers 11:7)**
- **Cinnamon (Exodus 30:23; Revelation 18:13)**
- **Cumin (Isaiah 28:25; Matthew 23:23)**
- **Dill (Matthew 23:23)**
- **Garlic (Numbers 11:5)**
- **Mint (Matthew 23:23; Luke 11:42)**
- **Mustard (Matthew 13:31)**
- **Rue (Luke 11:42)**
- **Salt (Ezra 6:9; Job 6:6)**

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## Fruits and Nuts

People of the Bible ate many of today's most nutritious "superfoods" noted in the grouping of fruits and nuts below. Pomegranates, for example, are believed to have highly beneficial anti-inflammatory, antioxidant, and anti-tumor properties.

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- **Apples** (Song of Solomon 2:5)
- **Almonds** (Genesis 43:11; Numbers 17:8)
- **Dates** (2 Samuel 6:19; 1 Chronicles 16:3)
- **Figs** (Nehemiah 13:15; Jeremiah 24:1-3)
- **Grapes** (Leviticus 19:10; Deuteronomy 23:24)
- **Melons** (Numbers 11:5; Isaiah 1:8)
- **Olives** (Isaiah 17:6; Micah 6:15)
- **Pistachio Nuts** (Genesis 43:11)
- **Pomegranates** (Numbers 20:5; Deuteronomy 8:8)
- **Raisins** (Numbers 6:3; 2 Samuel 6:19)
- **Sycamore Fruit** (Psalm 78:47; Amos 7:14)

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## Vegetables and Legumes

God provided vegetables and legumes packed with nutrients, fiber, and protein to power the people of the Bible. In Babylon, Daniel and his friends observed a diet of only vegetables (Daniel 1:12)..

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- **Beans** (2 Samuel 17:28; Ezekiel 4:9)
- **Cucumbers** (Numbers 11:5)
- **Gourds** (2 Kings 4:39)
- **Leeks** (Numbers 11:5)
- **Lentils** (Genesis 25:34; 2 Samuel 17:28; Ezekiel 4:9)
- **Onions** (Numbers 11:5)

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## Grains

Healthy grains were a primary staple in Bible times. Grains are some of the easiest natural foods to keep preserved for years. Throughout the Bible, bread is a symbol of God's life-sustaining provision. Jesus Himself is the "Bread of Life"—our true source of spiritual life. This bread never perishes or spoils.

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- **Barley (Deuteronomy 8:8; Ezekiel 4:9)**
- **Bread (Genesis 25:34; 2 Samuel 6:19; 16:1; Mark 8:14)**
- **Corn (Matthew 12:1; KJV - refers to "grain" such as wheat or barley)**
- **Flour (2 Samuel 17:28; 1 Kings 17:12)**
- **Millet (Ezekiel 4:9)**
- **Spelt (Ezekiel 4:9)**
- **Unleavened Bread (Genesis 19:3; Exodus 12:20)**
- **Wheat (Ezra 6:9; Deuteronomy 8:8)**

# Foods of the Bible

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## Fish

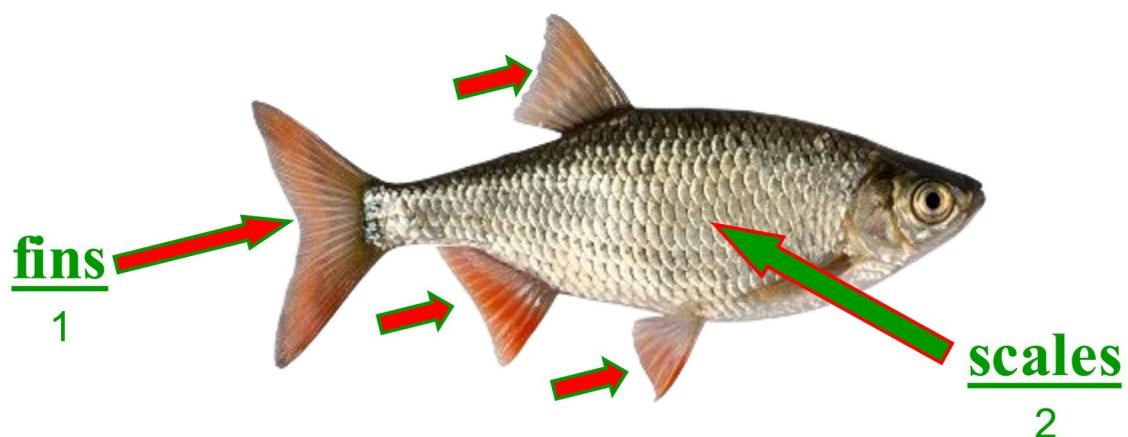
Seafood was another staple in the Bible. However, only certain fish and other seafood were suitable for eating. According to **Leviticus 11:9**, edible seafood had to have fins and scales. Shellfish was prohibited. Today, we know that fish like **Tuna, Salmon, Cod, Red Snapper**, and many others are high in protein and healthy omega fats, which can help reduce inflammation, lower blood pressure, and provide many other health benefits.

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- **Matthew 15:36**
- **John 21:11-13**

### CLEAN: IN ALL THE WATERS

Must Have these TWO  
Characteristics (ONLY) all that are in the waters



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## Fowl

In the Bible, these birds were considered clean and suitable for eating, but not all bird are considered good to be eaten. **Leviticus 11:13-20**

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- **Partridge** (1 Samuel 26:20; Jeremiah 17:11)  
Partridges belong to the Phasianidae family, which is the same family as **pheasants**, grouse, and quails; they are plump, ground-dwelling game birds which includes **pheasants**, **turkeys**, **grouse**, **francolins**, **chickens** and Old World quail..
- **Pigeon** (Genesis 15:9; Leviticus 12:8)
- **Quail** (Psalm 105:40)
- **Dove** (Leviticus 12:8)

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## Animal Meats

The Bible distinguishes between clean and unclean animals. According to the book of **Leviticus chapter 1:1-8** and **Deuteronomy chapter 14:1-10** clean meats are those from animals that parteth the hoof, and cleaveth the cleft into two claws, and cheweth the cud. the dietary laws taught God's people not to eat the blood of animals or any meat that had been sacrificed to idols. These foods were considered unclean.

- **Calf** (Proverbs 15:17; Luke 15:23)
- **Goat** (Genesis 27:9)
- **Lamb** (2 Samuel 12:4)
- **Oxen** (1 Kings 19:21)
- **Sheep** (Deuteronomy 14:4)
- **Venison** (Genesis 27:7 KJV)
- also Cervidae family, deer, elk, moose and
- also Bovine family which broadly includes **domestic cattle**, **bison**, **buffalo**, and some **antelopes**, characterized by cloven hooves and often horns.

## Clean Beast

definition on chewing the cud  
 Cud is a portion of food that returns from a ruminant's stomach to the mouth to be chewed for the second time. More accurately, it is a bolus of semi-degraded food regurgitated from the reticulorumen of a ruminant. Cud is produced during the physical digestive process of rumination.



# Foods of the Bible

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## Dairy

Many of these foods of the Bible, such as raw honey, contain disease-fighting and energy-boosting nutrients, allergy defense builders, and probiotic support.

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- **Butter** (Isaiah 7:15, Proverbs 30:33)
- **Cheese** (2 Samuel 17:29; Job 10:10)
- **Curds** (Isaiah 7:15)
- **Milk** (Job 10:10; Judges 5:25)

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## Other Foods of the Bible

- **Eggs** (Job 6:6; Luke 11:12)
- **Grape Juice** (Numbers 6:3)
- **Raw Honey** (Genesis 43:11; Exodus 33:3; Deuteronomy 8:8; Judges 14:8-9)
- **Olive Oil** (Ezra 6:9; Deuteronomy 8:8)
- **Vinegar** (Ruth 2:14; John 19:29)
- **Wine** (Ezra 6:9; John 2:1-10)
- **Manna** (Exodus 16:31-35)
- **Locust** (Mark 1:6)
- **Fish and Loaves of Bread** (2 Kings 4:42-44; Matthew 14:13-21; Matthew 15:32-39; Mark 6:30-44; Mark 8:1-13; Luke 9:10-17; John 6:1-15)