

Nutrition- God's Diet Plan

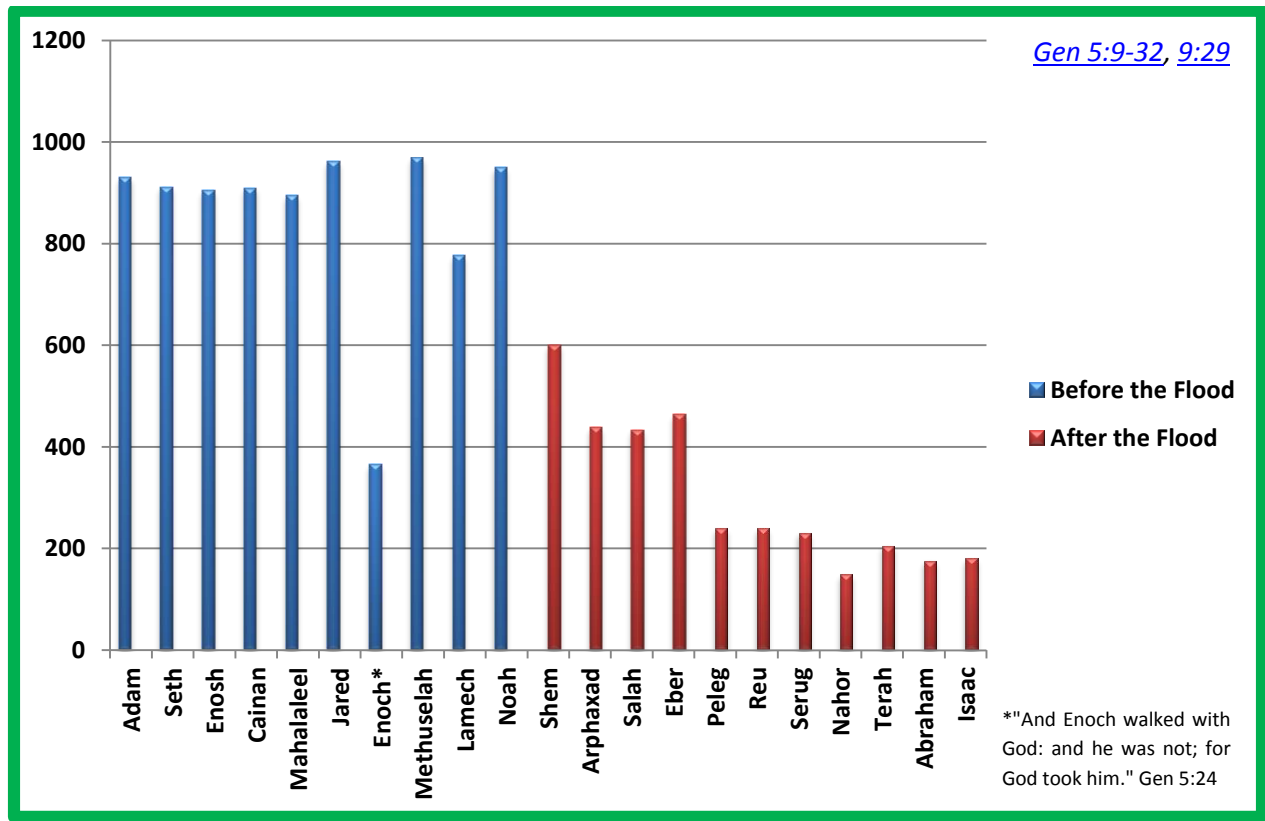
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On the sixth day of creation, God created man in his image and after his likeness, [Gen. 1:26](#). Immediately after, God in his wisdom gave them the foods necessary to maintain the Godly image that they were to maintain. "And God said, Behold, I have given you every herb bearing seed, which is upon the face of the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." [Gen 1:29](#). We see here that God gave man herbs, fruits, nuts and vegetables as the proper diet to maintain the image we were created in. The consumption of these foods provides all the nutrients our bodies need to maintain a Godly image with clarity of mind to discern the like.

You may be saying, "But, God permitted flesh foods." I thought this too, until God revealed to me that flesh foods are the result of sin. In [Genesis 9:3](#), after the flood, you see a direct reverse of God's original diet and plan for the human race, as flesh foods were allowed. You see, "The flesh of dead animals was not the original food for man. Man was permitted to eat it after the flood, because all vegetation had been destroyed. . . Since the flood the human race has been shortening the period of its existence. Physical, mental, and moral degeneracy is rapidly increasing in these last days." [{HL 99}](#) These were God's exact words in [Genesis 9:5](#) when after the permission of flesh eating meat was given. "And surely your blood of your lives will I require; at the hand of every beast will I require it..." This was confirmation that the life span of man would decrease, as they began to consume meat.

Let's take a look at the lifespan of man before and after the flood:



It is evident, by comparison, that it was not God's intention to shorten man's lifespan and introduce flesh eating into our diets. Except for Enoch, who was translated without seeing death because of his righteousness, it is clearly shown that the lifespan before flesh eating was significantly longer than that of the life after flesh eating. In [Genesis 6:3](#), God appointed man 120 years but statistically, we barely reach 80 years of age. "Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing. Those who use flesh foods little know what they are eating. Often if they could see the animals when living and know the quality of the meat they eat, they would turn from it with loathing. People are continually eating flesh that is filled with tuberculous and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated. In order to know what are the best foods, we must study God's original plan for man's diet. He who created man and who understands his needs appointed Adam his food. "Behold," He said, "I have given you every herb yielding seed, ... and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food." Upon leaving Eden to gain his livelihood by tilling the earth under the curse of sin, man received permission to eat also "the herb of the field. Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet." [{MH313}](#)

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3 John 1:2