Foods Categorized

Foods are categorized in the writings of E. G. White by three sets of descriptive term such as those that should be avoided because they are injurious to health, those that may be used moderately and those that can be used freely. Most would agree as to which category any food should be placed in.

Use Freely	Use Moderate Amounts	Injurious To Health
Wholesome	Do not eat largely of	Ruinous
Palatable	Some	Deleterious
Best	Less harmful	Injurious
Healthful	Not in large amounts	Fiery
Abundance of	Use a little	Irritate
Appetizing	Do not use too freely	Decay
Nourishing	Use in moderation	Putrefies
Preferable	Moderate amounts	Difficultofdigestion
Beneficial	Use more sparingly	Unwholesome
Inexpensive	Use in limited quantities	Free from
Nutritious	Not excessively	Never use
	Do not use freely	Doublyobjectionable
	Objectionable	Unfit; Hurtful
		Too strong
		Dangerous; Harmful
		Poisonous
		Unnatural
		Excite