Things Not Discussed That Adventists Teach on Diet

1. Salt – We need some salt in the diet. Dr. Trall taught not to use salt. This resulted in Mrs. Loughborough's death. CDF 207, CDF 311; 5MR 401-2.
2. Water – Get adequate water not with the meals but between meals. Actual amount we were not told but we were told that a half quart more or less taken before breakfast was good. CDF 420, 303.
3. Don't have too much liquid foods. A lot of soups would not be good. CDF 105, 200, 314; FCE 226.
4. Don't have foods too hot or too cold. CDF 420; HL 91, 164.
5. Some foods or combinations of foods may not be good for some but are perfectly okay for others. One has to experiment for himself as to what is best for him. CH 154-5; MH 319
6. Should have a variety from meal to meal but not a large variety at any one meal (3-4 dishes are enough although with Dr. Kress he was told not more than 2-3 and two would be better as there would be less war in the stomach). CDF 107, 109.
7. Fasting 1-2 days a week is a good thing. CDF 189.
8. Not to use vinegar. DA 746; CDF 345, 485; 2MR 2.
9. Not to have too many nuts in a recipe. CDF 364-5.
10. Avoid apple cider. CDF 432-6.
11. Grape juice is a good drink. Fruit juice mingle with bread is a good dish. CDF 436-7.
12. Fried food is not good because there is grease (animal fat) used in the frying. CDF 323.
13. Not cooking on the Sabbath. Ex. 16:23; CG 528. Should the Israelites, or Adventists today, have non-believers do the cooking for us on the Sabbath by going to restaurants or hotels and thereby get around this command?
14. Breakfast should be the main meal of the day. CDF 173.
15. There should be 5-6 hours between meals. CDF 173.

"We are coming to the time when recipes for cooking will not be needed, for God's people will learn that the food God gave Adam in his sinless state is the best for keeping the body in a sinless state." 21MR 286.