

FRUITS AND VEGETABLES AT THE SAME MEAL

1. The Testimony of Jesus is clear that fruits and vegetables should not be eaten at the same meal, as noted in the following references:

"If we would preserve the best health, we should avoid eating vegetables and fruit at the same meal." YI 5-31-94.

"I advise the people. . . to eat . . . fruits, and let that be the only course for one meal; then let the next meal be of nicely prepared vegetables." HL 82.

"Vegetables and fruit should not be eaten at the same meal. At one meal use bread and fruit, at the next bread and vegetables." ST 9-23-97.

2. E. G. White followed this as a rule in her own practice as is illustrated by this statement:

"I have vermicelli-tomato soup one meal and greens the next." CDF 324.

"For months my principle diet has been vermicelli and canned tomatoes, cooked together. This I eat with zwieback. Then I have also stewed fruit of some kind and sometimes lemon pie. Dried corn, cooked with milk or a little cream, is another dish that I sometimes use." Testimony Studies on Diet and Foods 139.

3. The combination is especially harmful to those with feeble digestion (and by the way, how many don't have feeble digestion?):

"It is not well to eat fruit and vegetables at the same meal. If the digestion is feeble, the use of both will often cause distress, and inability to put forth mental effort. It is better to have the fruit at one meal, and the vegetables at another." CDF 112.
(MH 299-300 - Last EGW book to be published for the general public, 1905.)

"Those who have feeble digestive organs can often use meat, when they cannot eat vegetables, fruit, or porridge. If we would preserve the best of health, we should avoid eating vegetables and fruit at the same meal. If the stomach is feeble, there will be distress, the brain will be confused, and unable to put forth mental effort. Have fruit at one meal and vegetables at the next." YI 5-31-94.

"Weakly children who eat vegetables and fruit at the same meal often become fretful and peevish." 18MR 84. (How many children in the U.S., for an example, are really strong, where little exercise is taken?)

4. The combination of fruits and vegetables may be the cause of illness:

"In the night seasons, it seemed that Elder ----- was taken sick, and an experienced physician said to you, 'I took notice of your diet. You eat too great a variety at one meal. Fruit and vegetables taken at one meal produce acidity of the stomach; then impurity of

the blood results, and the mind is not clear because the digestion is imperfect.'" CDF 112.

5. Students were advised not to have vegetables for supper but fruit and grains:

"Let the students have the third meal, prepared without vegetables, but with simple, wholesome food, such as fruit and bread." CDF 178.

6. The reasons given for not using fruits and vegetables at the same time are:

It will ". . . produce acidity of the stomach; then impurity of the blood results, and the mind is not clear because the digestion is imperfect." CDF 112.

Children who are weakly will become "fretful and peevish." 18 MH 84.

If the digestion is feeble it "will often cause distress, and inability to put forth mental effort." CDF 112.

7. E. G. White did use some fruit juices for flavoring:

"My thistle greens, nicely cooked, and seasoned with sterilized cream and lemon juice, are very appetizing." CDF 324.

8. It is said that Mrs. White on occasion did eat fruits and vegetables together. She was not a fanatic. She did the best possible under the circumstances. For example she would get a new cook. The cook knew nothing about the principles of diet and frequently provided the wrong things on the table. This was a trial to Sister White but she was over a period of time able to train the cook in the proper diet principles.

She did have a hard time in finding a good cook. (Note her lament on lack of a good cook in CDF 487 which was in the year of 1892.) Lucinda served cheese which Sister White objected to. 15MR 246.

9. Detractors of the Testimony of Jesus state that Ellen White did not live up to the light she had on all these matters. To set the record straight she said:

"It is reported by some that I have not lived up to the principles of health reform, as I have advocated them with my pen. But I can say that so far as my knowledge goes, I have not departed from those principles." CDF 491.

Sometimes Sr. White did evidently eat fruits with vegetables at the same meal. "I live here about as I do at Dansville. Mornings I eat mush, gems, and uncooked apples. At dinner baked potatoes, raw apples, and gems . . ." 5MR 387 (Nov. 24, 1865) This occurred at a time evidently before Ellen White had been given any instruction from the Lord about not combining fruits with vegetables. All her statements against using fruits with vegetables were much later.

"Brother Prismall came while we were eating and he enjoyed the dinner with us. All ate as

if they relished the food. Excellent raspberries were obtained fresh from the vines, and they were so nice and fresh, I enjoyed them much. There were new potatoes and green peas and rice pudding. All ate with good appetites." 8MR 52, Dec. 29-31, 1892. Here Ellen White told what was served but stated she ate the raspberries. She didn't say she ate the potatoes and peas.

"Elder Daniels drove the visitors (Ed. - including Ellen White) first past the nearby temporary General Conference headquarters at 222 North Capitol Street, and then over to the Memorial church at 12th and M streets to see the building for which Ellen White had helped to raise funds. Then he drove the seven miles out to Takoma Park to the Carroll Manor House, which had been rented for Mrs. White's use. When they arrived, it was still full of people cleaning, repairing, painting, and furnishing, but a good dinner of tomato soup, hot boiled potatoes, and greens were ready." 3Bio 323, 1904. This was an occasion where Ellen White was served by others a make-shift meal while the house was being repaired. Again, we are not told what she ate. But she may have eaten foods at times not of the best combinations which were served and which she had no control over.

10. Detractors of the Spirit of Prophecy also frequently use the argument that Ellen White got her information from others and put it into her writings. This is poor reasoning.

A. She, herself, said:

"It was at the house of Bro. A. Hilliard, at Otsego, Mich., June 6, 1863, that the great subject of Health Reform was opened before me in vision. I did not visit Dansville till August, 1864, fourteen months after I had the view. I did not read any works upon health until I had written Spiritual Gifts, Vols. iii and iv, Appeal to Mothers, and had sketched out most of my six articles in the six numbers of 'How to Live.' . . . Have you read that paper and those works? 'My reply was that I had not, neither should I read them till I had fully written out my views, lest it should be said that I had received my light upon the subject of health from physicians, and not from the Lord.'" RH 10-08-67.

Dr. Trall asked: "'Mrs. White, where did you get your instruction in medical science?' I replied that I had received it by revelation from God." Sermons and Talks vol. 1, p. 354.

"After I had written my six articles for How To Live, I then searched the various works on hygiene and was surprised to find them so nearly in harmony with what the Lord had revealed to me." Ellen G. White Vol. 2, p. 113, 1867.

Most of the health principles were given in the vision of 1863, including counsels on not eating between meals, going on two meals a day, tobacco, meat, drugs, etc. See Spiritual Gifts on the chapter entitled Health.

B. This matter of not using fruits and vegetables at the same meal was shown to Sister White in vision. Note CDF 112, "In the night seasons, it seemed that Elder ---was taken sick, and an experienced physician said to you, I took notice of your diet, You eat too great a variety at one meal. Fruit and vegetables taken at one meal produce acidity of the

stomach; then impurity of the blood results, and the mind is not clear because the digestion is imperfect.'" You will note the quotation ends after stating fruits and vegetables should not be taken at the same meal. This came from the Experienced Physician.

C. When it was shown that Ellen White had materials similar to what was written in the day (non-health concepts) it was interesting to note that she always picked only the right things amidst all the error of her day. Even concepts which may have one flaw in them she would use but remedy the flaw.

D. If Ellen White picked all her health information from what was available in her day, 90% of which was in error, how could she have come up with information that was 100% accurate unless God directed what to use and what not to use?

As Francis D. Nichol says, "How would Mrs. White know to choose from among the varied views of reformers that which was good and discard that which was bad? The reformers presented no simon-pure health counsel. For example, Sylvester Graham, who gave his name to graham bread, and who set forth several worth-while health ideas, made the great and grave dietary blunder of discounting, heavily, green, leafy vegetables. Some others held extreme views about milk. They declared that quite apart from its being a possible carrier of disease, milk was essentially a bad food for any but small children and infants. There were those who viewed salt as really a poison. And there were those who over emphasized rest and derogated physical exercise in the daily regimen of patients recuperating from various maladies. These are samples of mistaken views. It is no discredit to these early reformers that they did not have a full and wholly correct understanding of health principles, particularly dietary laws. . . .

"What if Mrs. White, who agreed with some of Graham's views, had come out vigorously against green, leafy vegetables? What if she had declared that milk is essentially a bad food for any but small children and infants? What if she had declared that salt is a poison to the body and ought not to be used at all?

"But Mrs. White did not take these positions." F. D. Nichol. *Ellen G. White and Her Critics*, 1951, pp. 393-4,

E. It is said Ellen White got the idea about fruits not being eaten with vegetables from Dr. J. H. Kellogg. She said, however, that it was in the night seasons she got some information where she heard the experienced physician say. . . It apparently was in vision she got this message and not from Dr. Kellogg. Would she get a message in the night season on this point if it were from Kellogg and was later to be shown wrong? Would the Lord do such a thing? Do you think she was just having a dream of what Kellogg was saying and would write that out as gospel truth when later Kellogg changed his views on the subject?

F. Some had said her term the experienced Physician means someone other than Jesus.

The term for Christ has often been the Great Physician. However, Ellen White has also used the term Experienced Physician for Christ as is illustrated in the following statements:

"I dreamed that an experienced physician was standing by my child, watching every

breath, with one hand over his heart, and with the other feeling his pulse. He turned to us and said, 'The crisis has passed. He has seen his worst night. He will now come up speedily, for he has not the injurious influence of drugs to recover from. Nature has nobly done her work to rid the system of impurities.'" 2SM 305. Is there any doubt that this experienced physician was Christ? What physician of that day understood the danger of drugs? Again physician is not capitalized as was common in those days even when speaking of God.

"Students (medical) may receive their diplomas, and yet their education be but just begun. . . . He feels like making no boasts; he bears a weight of responsibility as he sees the woes of suffering humanity, and he will not take human life into his hand to deal with even the bodies of men without connecting with the experienced Physician, regarding him as a father and himself as a child to be instructed and corrected, if in error. . . ." Healthful Living 258. Here Physician is capitalized, although the pronoun him is not. This is, however, another example of the term "experienced Physician" referring to Christ. If the experienced Physician here was referring to Kellogg it would have said "an experienced physician" rather than "the experienced Physician."

The term "experienced physician" was also used by E. G. White in reference to medical physicians of the day, such as Dr. Kellogg, who were experienced.

G. It has been said that Ellen White taught those things that were commonly believed in her day. This is not so according to Dr. J. H. Kellogg. He wrote the preface to Sr. White's book, Christian Temperance and Bible Hygiene which came out in 1890.

"At the time the writings referred to (those written in the 1860's) first appeared, the subject of health was almost wholly ignored, not only by the people to whom they were addressed, but by the world at large.

"The few advocating the necessity of a reform in physical habits, propagated in connection with the advocacy of genuine reformatory principles the most patent and in some instances disgusting errors.

"Nowhere, and by no one, was there presented a systematic and harmonious body of hygienic truths, free from patent errors, and consistent with the Bible and the principles of Christian religion. . . ."

11. It is said no one really knows what is a fruit and what is a vegetable anyway so this concept of not mixing the two must certainly not be from the Lord.

It is well known what is a fruit and what is a vegetable. There is the biological system of classifying them and there is the common usage system. Ellen G. White used the common usage system. Botanically beans, pumpkin and squash may be considered fruits. For example she says:

"If a third meal be eaten at all, it should be light, and several hours before going to bed." CDF 158. Would you think of this as beans or squash?

"Under some circumstances persons may require a third meal. This should, however, if taken at all, be very light, and of food most easily digested. Crackers -- the English biscuit -

- or zwieback, and fruit, or cereal coffee, are the foods best suited for the evening meal." CDF 431-2. Are beans or squash easily digested?

"Fruit is excellent, and saves much cooking." CDF 87. Would you think of beans or pumpkin in this category of fruits?

"It would be well for us to do less cooking and to eat more fruit in its natural state." CDF 209. Would this be beans or pumpkin?

"Do not eat largely of salt, avoid the use of pickles and spiced foods, eat an abundance of fruit, and the irritation that calls for so much drink at mealtime will largely disappear." CDF 311. Don't you usually put salt in your beans or in your pumpkin pie?

In her book *Christian Temperance and Bible Hygiene* she is listed as the author. However, she had two articles written by others including one by her husband, James White, entitled *Hygienic Reform: Its Rise and Progress Among Seventh-Day Adventists*. In this article it is listed what foods the White family considered vegetables and what foods fruits. (See page 218.) Vegetables included peas, beans, potatoes, turnips, parsnips, onions, cabbages and squashes. Fruits included tomatoes, apples, pears, peaches, strawberries, raspberries, blackberries, huckleberries, grapes, cranberries, and raisins. Grains or seeds included "wheat, corn, rye, barley, oatmeal, rice, farina, cornstarch, and the like."

Sr. White herself mentions some foods that she calls fruits:

"Pine-apples . . . and other tropical fruits." 2RH 543.

". . . dried fruits, such as raisins, prunes, apples, pears, peaches, and apricots. . ." CDF 94.

". . . oranges, lemons, and plums. . ." In *Heavenly Places* 326.

"Small fruits, such as currants, gooseberries, strawberries, raspberries, and blackberries. . ." MH 299 (CDF 311).

". . . fruits -- bananas, pineapple, limes, oranges, melons. . ." 10MR 789.

". . . beans, peas, and lentils. These, with native or imported fruits. . ." CDF 94. This statement demonstrates she did not consider beans as fruits.

"Let us teach the people to eat freely of the fresh grapes, apples, peaches, pears, berries, and all other kinds of fruit that can be obtained." CDF 309.

A fruit is the edible reproductive part of a seed plant, especially one having a sweet pulp, associated with the seed.

Webster - Common usage indicates fruits are sweet.

Botanical definition - Indicates beans, pumpkin, squash, etc. are fruits.

Some would put beans in the category of seeds rather than a fruit or a vegetable. However, the White family listed them with the vegetables.

Ellen White says herself what she thought were vegetables when she said:

"Grounds are prepared for vegetables to be put in--potatoes, beans, and other things. . . ." 3MR 408.

12. Some would say she considered tomatoes to be vegetables because she says:

"There is no fresh fruit at this season. We have a good yield of tomatoes. . . " CDF 489. (Repeated in 7 MR 325.) These statements could as easily be understood to mean there were no fresh fruits except for tomatoes.

"We have a large strawberry bed which will yield fruit next season. We have a few cherry trees, but the testimony is that the land is not good for cherries. But so many false, discouraging testimonies have been borne in regard to the land that we pay no attention to what they say. We shall try every kind of a tree. We have a large number of mulberry trees and fig trees of different kinds. This is not only good fruit land, but it is excellent in producing root crops and tomatoes, beans, peas, potatoes--two crops a season." 8MR 252. Because tomatoes are listed separately from the fruit land some have supposed tomatoes were vegetables. However, when she was speaking of fruit land she was speaking of fruit trees and tomatoes were not in that category so they were listed separately.

"I use dry peas boiled, then strained, then baked, and canned tomatoes. When fresh, I use the tomatoes uncooked with bread." 21 MR 332. Some would assume she ate the tomatoes with the beans at the same meal from this statement. In that case since she did not eat fruits with vegetables they would say tomatoes must be vegetables. This statement does not say she ate these together at the same meal however.

"We have been living off our vegetables this year. Last year we had but few tomatoes, but this year we have enough for ourselves and a good supply for our neighbors also." Ellen G. White vol. 4:290. Some would say this means she considered tomatoes among the vegetables they were living off of that year. But one would have to jump at such a conclusion that certainly is not in the statements given.

Report from Grace Jacques found in Ellen G. White vol. 6:395 as told by Arthur White:

"Grace reports that for the dinner, served at one o'clock, there would usually be three hot dishes, including a protein dish. There was a large garden at Elmshaven, so usually there were some fresh vegetables, and in winter there was an abundance of dried corn and canned tomatoes. A baked dish of macaroni, with beaten corn and eggs, frequently appeared on the table. Cottage cheese was served but not cured cheese. Ellen White cooked greens every day, and these would vary according to season. From the fields came dandelion and mustard greens, and, of course, there were other more conventional leafy dishes."

In summer there were vegetables from the garden for dinner. In the winter there was apparently corn and tomatoes. Nowhere does this statement suggest that tomatoes were eaten with the vegetables.

Ellen White cautions that those who desire truth stick to her published works because of the likelihood of hearsay taking the place of what she has really said.

"And now to all who have a desire for truth I would say: Do not give credence to unauthenticated reports as to what Sister White has done or said or written. If you desire

to know what the Lord has revealed through her, read her published works. Are there any points of interest concerning which she has not written, do not eagerly catch up and report rumors as to what she has said." 5T. 696.

She thought of tomatoes as fruit according to this statement: "Each year we put up not less than six or eight hundred quarts of canned fruit. We have peaches, apricots, nectarines, grapes, plums, and tomatoes canned." 14MR 332.

In a letter to her children she wrote: "He returned just in time to take the cars, and brought a basket of fruit--of tomatoes, peaches, and apples. They were very nice. We ate the fruit with our bread taken from home." An Appeal to the Youth, page 77.

She also said: "I . . . can not eat vegetables. . . When tomatoes, raised on my land were placed on my table, I tried using them, uncooked and seasoned with a little salt or sugar. These I found agreed with me very well, and from last February until June they formed the greater part of my diet." Spalding & Magan Collection 39.

She also said in the market they found fruit of every variety, "fresh figs in abundance, apricots, grapes, pears, peaches, and tomatoes." E. G. White vol. 2:357.

Arthur White in writing the biography of Ellen White understood tomatoes to be fruit. He says:

"How to Live, No. 1, with its twenty pages entitled 'Cookery,' was helpful, furnishing thirteen recipes on unleavened bread, wheat, and corn; four breads made with yeast; eleven mushes and porridges; twenty pies and puddings, many of them with an apple content; twenty-five fruit recipes (counting tomatoes as a fruit); and thirty-four recipes for vegetables." Ellen G. White Vol. 2, p. 298.

The White family consider tomatoes fruits as they have them listed as such in the book Christian Temperance and Bible Hygiene page 218 (see above for list).

13. Olives may well be eaten at any meal.

"Olives may be so prepared as to be eaten with good results at every meal." CDF 349. Would not this apply to avocados also?

14. One of the reasons given as to why we should not have a large variety at one meal is because there would be both fruits and vegetables at that meal.

"You eat too great a variety at one meal. Fruit and vegetables taken at one meal produce acidity of the stomach. . ." CDF 112.

"Too great a variety of food at one meal causes a disturbance in the digestive organs. Weakly children who eat vegetables and fruit at the same meal often become fretful and peevish." 18MR 84.

15. Some would say E. G. White allowed a mixture of fruits and vegetables because of the following statements:

"The Lord will teach many in all parts of the world to combine fruits, grains, and vegetables into foods that will sustain life and will not bring disease." 7T. 124

"Nuts and nut foods are coming largely into use to take the place of flesh meats. With nuts may be combined grains, fruits, and some roots, to make foods that are healthful and nourishing." CDF 363.

This does not necessarily mean that all of the items mentioned have to be combined together, but some products would be made with vegetables and some products with fruits. Note WM 128: "We need a genuine education in the art of cooking. . . . Form classes, where you may teach the people how to make good bread and how to put together ingredients to make healthful food combinations from the grains and vegetables." (1905)

16. To state that science does not support the separating of fruits and vegetables at the same meal is inaccurate since no scientific studies have ever been done on it .

17. Did the original diet contain some vegetables? The same Hebrew word used for herbs in Gen. 1:28 describing the diet given to man is used in verse 29 describing the diet used for animals and again in Gen. 3:18 to describe the diet of man after sin. No great difference can be made in these verses in that particular word.

In one place in the E. G. White writings it appears that vegetables, or at least some of them, were possibly in the original diet. "God planted for them (Adam and Eve) a garden, and surrounded them with everything lovely and attractive to the eye, and that which their physical necessities required. . . . A benevolent Creator had given them evidences of his goodness and love in providing them with fruits, vegetables, and grains, and had caused to grow out of the ground trees of every variety for usefulness and beauty." 1RH 139. Could it be the vegetables were used for something other than food? Could it be these were a necessity for the happiness of man since this was the food designed for the animals, according to Gen. 1:30?

Other places in her writings she makes it clear the vegetables came into man's diet after sin. "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.'" MH 296.