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<input type="radio"/> T	<input type="radio"/> F	A plant-based diet may include beef, chicken, or fish.
<input type="radio"/> T	<input checked="" type="radio"/> F	Whole grains provide significant amounts of the B vitamins, including vitamin B12.
<input type="radio"/> T	<input type="radio"/> F	Complex carbohydrates, such as whole meal flour and brown rice, are more nutritious than white flour or white rice.
<input type="radio"/> T	<input type="radio"/> F	Cholesterol is found only in animal products.
<input type="radio"/> T	<input checked="" type="radio"/> F	Raw foods best provide all the nutrients needed by humans to support health.

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What is Going On?

- Most diseases are the result of a long series of mutations in genes that are vital in supporting the integrity of thousands of other genes.
- Disease is caused by the complex interactions of our environment, diet, physical activity, even our thoughts and attitudes...

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James Fixx

- Vegetarian
- Thin, but overweight in past
- Quit smoking
- Never used alcohol
- Low cholesterol, high HDLs
- Exercised regularly
- Died at 42 from a heart attack while running



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Winston Churchill

- Omnivore
- Overweight
- Smoked heavily
- Drank heavily
- High cholesterol, low HDLs
- Very little regular exercise
- Died at 92 years old



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Absolutely!



Healthy choices minimize our risks.

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Why Emphasize Diet?

- **Stewardship:** Managing best that which God has given us.
- Physically
- Mentally
- Spiritually
- Socially

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Diet for a Lifetime

Question: What diet can I eat to minimize my risk of disease and have the best quality life possible?

Answer: Let's look at some principles to guide our dietary choices.

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Original Diet

- Genesis 1:29: *Then God said, I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.*
- Genesis 3:18: adds *"...and you will eat the plants of the field."*

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What Kinds of Food?

- Fruit
- Whole grains
- Vegetables
- Nuts

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These Foods Are...

- *Best when consumed as they come from nature: not refined, not pulled apart, or fractionated.*
 - Low in fat
 - Low in saturated fat
 - No cholesterol
 - High in dietary fiber
 - Low in refined sugar
 - Contains rich source of vitamins and minerals
 - High amounts of protective substances: phytochemicals, antioxidants, etc.

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Dietary Guidelines

"Use plant foods as the foundation of your meals. ... Eating a variety of grains (especially whole-grains), fruits and vegetables is the basis of healthy eating."

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Vegetarian Diet

- **Advantages:**
 - Lower heart disease
 - Lower cancer rates
 - Lower diabetes
 - Less obesity
 - Less hypertension
 - Less dementia
 - Less osteoporosis
 - Longer life expectancy!

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ABSTRACT
It is the position of the American Dietetic Association that appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases. Well-planned vegetarian diets are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes. A vegetarian diet is defined as one that does not include meat (including fowl or seafood) or products containing these foods. This article...

J Am Diet Assoc. 2009;109: 1266-1282.

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Nutrients of Concern

- Vitamin B12
- Calcium
- Vitamin D
- n-3 Fatty Acids
- Iron
- Zinc
- Iodine

J Am Diet Assoc. 2009;109: 1266-1282.

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my Vegetarian plate

Keep Moving: 150-300 steps daily for health; 3000-5000 steps daily for weight loss.

Think Your Drink: Give priority to water. Limit alcohol, sugary fruit drinks, & caffeine.

Vegetables: 2 1/2 cups daily. Choose More: Vary the type, color and taste. Eat a variety of colors such as asparagus, broccoli, kale, spinach, carrots, tomatoes, turnips, potatoes, and onions.

Fruit: 2 cups daily. Choose More: Add more colors to the rainbow. Apples, figs, pears, grapes, citrus, melons, pineapples, apricots, mango, peaches, and plums.

Protein: 46 to 62 grams daily. Choose More: All types of lentils, beans, peas, chickpeas, and soy products are good. Tofu, tempeh, and seitan are also good.

Grains: 48 to 62 grams daily. Choose More: Whole grains such as whole wheat, barley, oatmeal, millet, popcorn, quinoa, and wild rice.

Dairy: 3 cups daily. Choose More: Low-fat milk, yogurt, cottage cheese, and other dairy products.

Oil: 5 to 7 teaspoons daily. Choose More: Liquid oils such as olive, canola, and sunflower.

Salt: Less than 2,300 mg daily. Choose More: Use herbs and spices to flavor food.

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Position of the SDA Church

The diet God ordained in the Garden of Eden--the vegetarian diet--is the ideal, but sometimes we cannot have the ideal. In those circumstances, in any given situation or locale, those who wish to stay in optimum health will eat the best food that they can obtain.

Seventh-day Adventists Believe...

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Seventh-day Adventists Believe...

SDA Working Policy, Health Ministries, p. 303

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SDA Dietary Recommendations A Rather Broad Pathway

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Isaiah 7

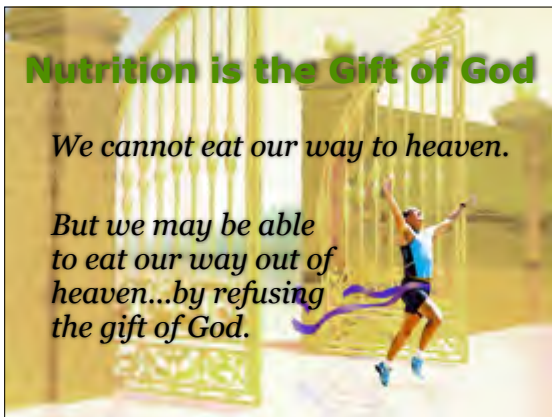
¹⁴ "Behold, the virgin shall conceive and bear a Son,
and shall call His name Immanuel.

¹⁵ **Curds and honey** He shall eat, that He may know
to refuse the evil and choose the good."

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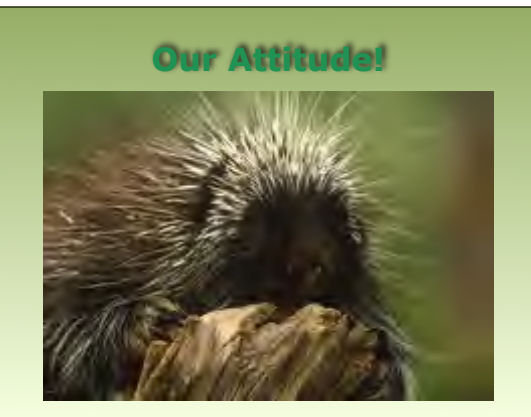


Nutrition is the Gift of God

We cannot eat our way to heaven.

*But we may be able
to eat our way out of
heaven...by refusing
the gift of God.*

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Our Attitude!

29



The Food Wars

30




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Don't Cut Others Off!

"We don't make the health reform an iron bedstead, cutting people off or stretching them out to fit it. One person cannot be a standard for everybody else. What we want is a little sprinkling of good common sense. Don't be extremists. If you err, it would be better to err on the side of the people than on the side where you cannot reach them."

1SAT 12


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Disgusting Reform

"When those who advocate hygienic reform carry the matter to extremes, people are not to blame if they become disgusted. Too often our religious faith is thus brought into disrepute, and in many cases those who witness such exhibitions of inconsistency can never afterward be brought to think that there is anything good in the reform. These extremists do more harm in a few months than they can undo in a lifetime. They are engaged in a work which Satan loves to see go on." CD 195.3


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Quiet Example

"Let them find out what constitutes true health reform and teach its principles, both by precept and by a quiet, consistent example." CH 449


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How Christ Ate at Potluck - 1

While Christ accepted invitations to feasts and gatherings, He did not partake of all the food offered Him, but quietly ate of that which was appropriate for His physical necessities, avoiding the many things that He did not need. His disciples were frequently invited with Him, and His conduct was a lesson to them, teaching them not to indulge appetite by overeating or by eating improper food. He showed them that portions of the food provided could be passed by, and portions chosen. 7MR 412.1

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How Christ Ate at Potluck - 2

Christ went to these feasts because He wished to show those who were excluding themselves from the society of their fellow men, how wrong their course of action was. He wished to teach them that truth was given to be imparted to those who had it not. If they had truth, why keep it selfishly to themselves. The world is perishing for want of the living Truth.-- Letter 67, 1905, pp. 3, 4

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First SDA Health Reformer

"When asked why he did not use these things, he would reply, 'I have eaten my share of them.'"

"It might be supposed that he would be exacting and overbearing in his efforts to reform others, after he had set forth principles, and urged the importance of obedience to them, he was willing to leave his hearers free to decide for themselves." --James White

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Grace is Essential

"God alone can give us the victory. He desires us to have the mastery over ourselves, our own will and ways. But He cannot work in us without our consent and co-operation..."

"The victory is not won without much earnest prayer, without the humbling of self at every step. Our will is not to be forced into co-operation with divine agencies, but it must be voluntarily submitted." -- MB 141

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Yield Our Will to God

"Our will is to be yielded to Him, that we may receive it again, purified and refined, and so linked in sympathy with the Divine that He can pour through us the tides of His love and power." MB 62 (Emphasis mine.)

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"I can do all things through Christ who gives me strength."

Philippians 4:13

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Joy and Understanding



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Gratefully accept the health God has given us...

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Focus our lifestyle choices on the healthful and wholesome.

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Cheerfully yield our desires and appetites to the sovereignty of His love.

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Rejoice in the benefits He grants us as we make wholesome choices through His abundant Grace.

"So whether you eat or drink or whatever you do, do it all for the glory of God." 1 Cor 10:31

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