

# **The Daniel Fast - Common FAQ's**

## **What about prepared foods?**

Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to be aware about just what is in there.

## **What about pasta?**

Make sure the label says whole grain pasta with no additives (watch for sugar). Whole grain pasta offers 7 grams of protein per serving (3/4 cup of dried pasta).

## **I know it says raw, unsalted nuts, but what about roasted nuts?**

The goal would be to stick to raw, unsalted nuts. But these are harder to find so in a pinch just make sure you get plain roasted, unsalted nuts with no preservatives.

## **How do I get enough protein in my diet while on the fast?**

The following are protein-rich foods that are allowed on the Daniel Fast... almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, whole grains, and tofu.

## **What kind of peanut butter is allowed?**

A natural peanut butter with no additives... watch for sugars including molasses. Smucker's creamy natural peanut butter has nothing but peanuts in it.

## **How can I identify whole grain foods?**

Typically if the ingredient lists "whole wheat", "rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to look in the Nutrition Facts information and check if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grains. "Wheat flour" is not a whole grain and therefore does not indicate a whole grain product.

## **What about salad dressing?**

Olive oil with balsamic vinegar or lemon/lime is an option. Also "Newman's Own Oil and Vinegar Salad Dressing" is one of the few bottled dressings that includes only acceptable ingredients.

## **Do I need to eat organic foods while on the fast?**

No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.

## **How much can I eat?**

As long as they are the appropriate foods, we are recommending eating until you're reasonably satisfied. Remember this is a fast and you do not want to gorge.