

SCIENCE & THE BIBLE AGREE ON NUTRITION

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Biblical truths on any subject are scientific by nature. For example, what God said about creation in the first thirteen chapters of Genesis has now been proven scientifically to be true as written – without mathematical or scientific error. Astrophysicists from around the world have made nearly 80 discoveries, according to Dr. Hugh Ross, University of California, that offers proof of this statement.

The same principle applies in the field of nutrition. Modern day research scientists are proving God's word regarding dietary matters to be without error. Here are ways that science and the Bible agree on nutrition:

1. **Science says:** Eat a wide variety of foods.

Scripture says: In Genesis 1:11, the first verse dealing with God's plan for man's food supply: "Let the earth bring forth grass, the herb-yielding seed, and the fruit tree yielding fruit after his kind; whose seed is in itself, upon the earth and it was so". This was the third day of creation and God saw that it was good.

The sixth day of creation God made Adam and Eve. In Genesis 1:29 He spoke to them about their diet. He said, "Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of the tree yielding seed; to you it shall be for meat". From this we see that all grains, beans, lentils, nuts, seeds, fruits and vegetables were created and given to man for his sustenance and enjoyment. Indeed God meant for us to eat a wide variety of foods. Perhaps it is scientific to say that one of the main reasons our population today is so epidemically ill is because we are failing to regularly eat a wide variety of foods.

2. **Science says:** Maintain ideal weight.

Scripture says: In Luke 21:34, Jesus said, "And take heed to yourselves, lest at any time your hearts be overcharged with overeating and drunkenness and cares of this life and so that day come upon you unawares".

Proverbs 23:1-3: "When thou sittest to eat with a ruler, consider diligently what is before thee: and put a knife to your throat if you are a man given to appetite".

Psalms 141:3-4: "Be not desirous of his dainties for they are deceitful meat".

Deuteronomy 32:15: "But Jeshurun waxed fat and kicked; thou art waxed fat, thou art grown thick, thou art covered with fatness; then he forsook God which made him, and lightly esteemed the Rock of his salvation.

Deuteronomy 6:10-13: "...and when you have eaten until you can hold no more, then beware lest you forget the Lord who brought you out of the land of Egypt...when you are full don't forget to be reverent to Him and serve Him..." TLB

From these verses it is clear that we are warned against overeating which yields fatness of body and leanness of soul. Science and the Bible agree again!

3. **Science says:** Avoid too much fat, saturated fat and cholesterol.

Scripture says: "It shall be a perpetual statute for your generations throughout all your dwellings that you eat neither fat nor blood". Leviticus 3:17.

Leviticus 7:23: "Eat no manner of fat of the ox, the sheep or the goat. The soul that eats it shall be cut off from his people". This may be through heart attacks, obesity and a whole host of modern-day diseases so prevalent in America.

Proverbs 21:17: "He that loves wine and oil shall not be rich". Why? Because of a shortened life span.

Deuteronomy 32:14: "Do not boil a young goat in its mother's milk." This would be a double saturated fat situation.

Many scriptures mention using olive oil which is a mono-saturated oil of highest quality. See Leviticus 2:4-5; 14:10, 25 as examples. Scientists have endorsed the use of olive oil as the most healthful fat in recent years. Butter is also Biblically approved fat to eat. Isaiah 7:22: "...for butter and honey shall everyone eat that is left in the land".

Meats can be as much as 40-60% fat so Proverbs 23:20 is excellent advice. "Be not among riotous eaters of flesh".

Our high cholesterol problem among Americans could be eliminated almost overnight just by following the Genesis 1:29 diet or by being obedient to any or all of the above verses.

Scientists say 12 ounces of meat per week adequately meets one's need for protein. That would be less than 40 pounds per year. The present statistic indicates the annual meat intake is over 275 pounds per person per year!!!

4. **Science says:** Decrease your meat intake by 25%. Meats are a source of saturated fats.
Scripture says: "Be not among...riotous eaters of flesh". Proverbs 23:20. That means do not eat meat without restraint; do not be recklessly extravagant in eating meat.
Isaiah 65:4: "But My own people have rebelled...and they eat pork and other forbidden foods".
We eat the blood of animals but that is not a safe thing to do because:
 - a. Hormones -DES-(di-ethyl-stil-besterol)- Also, estrogen and progesterone are given to animals and these hormones remain in the flesh.
 - b. Pesticides – DDT and many others are carcinogenic and contribute to still-births.
 - c. Antibiotics – are added routinely for disease prevention. Eighty percent of America's food-animals have antibiotics in their tissues.
 - d. Herbicides – for example, nine tablespoons of toxic herbicides can cause birth deformities. This may be accumulated in the mother's body over years and years. In fact, these chemicals may begin to accumulate from the mother's early childhood.
 - e. Meat additives –nitrite & nitrate – These can be converted into nitrosamines (beer, medicines, cooked meats, wine, tobacco) and these are among the most potent cancer-producing agents known.
 - f. Meat is an acid producer. The cells need to be in pH balance, not acid. Acid cells lead to disease.
Acts 15:29 says not to eat unbled meat of strangled animals. Our animals are no longer killed by slitting their throats. They are stunned and then shot. The flesh is full of blood. Rare meat is meat full of blood.
 - g. Eating scavenger animals- These animals were created to clean the earth of filth yet man eats them which places a great stress on the digestive and metabolic systems. Some of these animals include: pork, oysters, scallops, clams, lobsters, etc. Animals from the ocean should have both scales and fins to be acceptable food.
5. **Science says:** Eat foods with adequate starch and fiber.
Scripture says: In Genesis 1:29, all grains, beans, lentils, nuts, seeds, fruits and vegetables – when eaten in a wide variety pattern - are an excellent balance of all major and minor nutrients – including adequate fiber!
Scientists have said that the ideal combination of foods in a day's meals yield 10-15% of calories in protein, 20-25% of calories in fat and 60-70% carbohydrates. When eating whole, fresh, organically grown, unprocessed foods, you not only have the ideal amount of major nutrients but also the fiber content is very adequate for good elimination of digestive waste. God' plan for man's health is like every other thing He created – exquisite in design- perfect.
In our diet today, we must consciously seek those unprocessed grains and daily eat our veggies and fruits to assure having adequate starch and fiber.
6. **Science says:** Avoid too many sweets.
Scripture says: "My son, eat thou honey, because it is good; and the honeycomb, which is sweet to the taste. Proverbs 24:13. But Proverbs 25:16 has an important message. "Hast thou found honey? Don't eat too much of it or it will make you sick". This concept is mentioned again in Proverbs 25:27, "It is not good to eat too much honey...".
The problem Americans face is totally denatured sugar cane and sugar beets in the form of white sugar. This is not addressed directly since this form of sugar is a relatively new product (early 1800's). God made cane beets to contain over 50 nutrients in each; white sugar (man's product) has zero nutrients. Americans at the turn of this century were consuming less than 10 pounds of sugar annually. Now, we consume around 130 pounds per person per year.
Psalm 141:4 speaks of restricting the eating of too many "dainties". This probably includes high sugar desserts and even the overeating of natural sweets like dates, raisins and other dried fruits as well as rich sauces and much wine. Science and the Bible agree, again, - avoid too many sweets.
7. **Science says:** Cut down on salt and foods high in salt.
Scripture says: Job 6:6: "...a man complains when there is not salt in his food...".

Leviticus 2:13: "Every offering must be seasoned with salt because the salt is a reminder of God's covenant." TLB

2 Kings 2:20-22: These verses say that impure water was purified by the addition of salt and, in addition, the women ceased to have miscarriages and heaths were decreased.

Luke 14:34 and Mark 9:50: "Salt is good..."

The Bible does not contain a verse which speaks of the effects of too much salt. Scientific literature, however, supports the ill effects as including high blood pressure, dropsy, strokes and nephritis. Present day intake of salt is considered to be excessive; we eat so many salted snack foods, pickles, salted meats and nuts.

8. **Science says:** If you drink alcohol, do so in moderation.

Scripture says: Proverbs 20:1: "Wine is a mocker, strong drink is raging; and whosoever is deceived thereby is not wise".

Isaiah 28:1: "But they also have erred through wine, and through strong drink..."

Isaiah 5:22: Woe to them that are mighty to drink wine, and men of strength to mingle strong drink".

Proverbs 23:20-21: "Be not among winebibbers; among riotous eaters of flesh; for the drunkard and the glutton shall come to poverty..."

Another interesting story. Pediatricians, until 1986, had a policy regarding a pregnant woman and wine consumption. If you are accustomed to a glass of wine with dinner, go ahead and have it during pregnancy. Then, because of low birthrate babies, newborns with birth defects, "poor start" in babies, (colicky children), the policy was changed – no wine for pregnant women.

In the Scriptures, Judges 13:9-14, an angel of the Lord came to Manoah, the father of Samson and said, "She may not eat of anything that cometh of the vine, neither let her drink wine nor strong drink, nor eat any unclean thing; all I have commanded her let her observe".

It took scientists nearly 2000 years to confirm the scriptural reference given plainly in Judges – but now we can say that science and the Bible agree on the advisability of pregnant women drinking alcohol.

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