

# The Importance of Eating Fruit & Vegetables

(Dealing Mainly With Fruit)

## **BIBLE:**

**Matthew 4:4** – “Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.”

**Isaiah 55:2** – “...eat that which is good.”

## **SOP:**

“Encourage the eating of fruit and vegetables and bread.” (CD 314.5)

“It would be well for us to do less cooking and to eat more fruit in its natural state.” (CD 309.3)

**“FRUITS**, grains, and **VEGETABLES**, prepared in a simple way, free from spice and grease of all kinds...is the most healthful diet. They impart nourishment to the body, and give a power of endurance and a vigor of intellect that are not produced by a stimulating diet.” {CG 380.2}

“The simple grains, **FRUITS** OF the TREES, **VEGETABLES**, have all the nutritive properties necessary to make good blood.” (CD 322.3)

“Even fruit should not be eaten after a full meal of other foods.” {CD 309.5}

## **MEDICAL SCIENCE:**

### **What Is A Fruit?**

A fruit is anything with a seed in it that grows on a bush, vine, or tree.

<http://dictionary.reference.com/search?q=pumpkin>

### **IN GENESIS 1:29 WE ARE TOLD THE FOLLOWING:**

“And God 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 a tree yielding seed; to you it shall be for meat.”

### **WHAT IS A TREE ACCORDING TO NOAH WEBSTER'S 1828 DICTIONARY?**

Something resembling a tree, consisting of a stem, or stalk and branches.  
(This would include standard tree, a bush, and a vine).

**\*\*\*Remember:** Jesus referred to that on a vine **FRUIT**. (John 15:1-5)

### **BELOW IS A LIST OF FRUITS:** (some sweet and some not)

Apples	Dates	Mangoes	Pomegranates
Avocado	Eggplant	Olives	Pumpkins
Bananas	Figs	Oranges	Squash
Bell peppers	Grapefruit	Papaya	Strawberries
Berries	Grapes	Peaches	Tangerines
Cantaloupe	Honeydew	Pears	Tomatoes
Cassava	Kiwi	Persimmons	Watermelon
Cherries	Lemons	Pineapple	Much more
Cucumber	Limes	Plantains	

### THE BENEFITS OF EATING FRUIT:

- Balances fluid in the body
- Helps skin stay younger
- High in antioxidants
- High in electrolytes (minerals)
- Lower blood pressure
- More energy for exercising
- Potential for weight control
- Potential to lower cholesterol
- Potential to slow down age process
- Reduced risk of cardiovascular diseases
- Reduced risk of developing cancers
- Reduced risk of developing type 2 diabetes
- And so much more

### HOW MANY SERVINGS A DAY?

It is recommended to have a minimum of 3-5 fruit a day...3 for breakfast and 2 for the 3rd meal if eaten.

\*\*\*It is recommended to eat 5 different colors of fruit each day.

"...eat an abundance of fruit..." (MH 305)

"Eat largely of fruit and vegetables..." (2T 63.1)

### MORE INFO ON FRUIT:

Apples are superior to any fruit for a standby that grows (CD 312.2)  
Best food for desserts (CD 333)  
Do not eat between meals (GW 230)  
Don't eat decayed (CD 309)  
Dried fruit recommended (MH 299)  
Dyspeptics should avoid too many kinds at one meal (2T 373)  
Eat in as natural condition as possible (2T 352)  
Educate yourself to use (CD 322)  
Fruits are a cleanser of the body  
Good for third meal with bread (CD 178)  
Needed for good blood (MM 277)  
Part of diet chosen for man by God (EV 663)  
Prepare without grease (2T 67)  
Prepare without spices (this would include apple/pumpkin pies with cinnamon, nutmeg, allspice, etc.)(2T 67)  
Ripe and undecayed beneficial (CD 437)  
Within reach of all for everyday use (MH 297)

### GOOD TO KNOW:

The majority of living beings synthesize their own vitamin C. Only a few, including humans, must take it in with their food. The human body's overwhelming need for vitamin C can only be naturally met by eating **FRESH FRUIT**. Although some vegetables also contain vitamin C, **ITS PRIMARY DIETARY SOURCE IS FRUIT.**

**FRUIT & VEGGIES** are a primary source of phytochemicals and antioxidants, vitamins, and minerals.

**Sources:** For **Vitamin A** eat dark-green, orange or yellow vegetables and fruit. For **Vitamin C**, red bell peppers and citrus fruit are recommended.

**NEVER EAT FRUIT & VEGETABLES AT THE SAME MEAL** – “If we would **preserve the best health**, we should **avoid eating vegetables and fruit at the same meal**. **Have fruit at one meal, and vegetables at the next.**” (CD 394-395)

#### **WHY NOT?**

“**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.**” (CD112-113)

#### **WHEN MIXING FRUIT WITH VEGETABLES, THE FOLLOWING HAPPENS WITHIN THE BODY:**

- Blood made impure
- Fermentation
- Imperfect digestion (CD 113)
- Stomach acidity (CD 113)
- Stomach distressed by (CD 395)
- The brain confused by (CD 395)

#### **LINKS TO LEARN MORE ABOUT FRUIT:**

<http://www.weightlossforall.com/benefits-fruit-losing-weight.htm>

<http://www.fruitsandveggiesmatter.gov/benefits/#>

<http://len7288.hubpages.com/hub/Health-Benefits-of-Eating-Fruits>

#### **Blog Link:**

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/12/the-importance-of-eating-fruit.html>