

Common FAQ's

What about prepared foods?

Read the labels of all prepared foods. Remember the Daniel Diet 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 of 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 diet?

The following are protein-rich foods that are allowed on the Daniel Diet... almonds, sunflower seeds, lentils, quinoa, brown rice, all types of beans, whole grains, and tofu.

What kind of nut butter is allowed?

Natural nut butter with no additives... watch for sugars including molasses.

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 nutritional 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?

See the recipe download for dressing recipes. You may also make your own dressing using some of the following ingredients: Balsamic Vinegar, Apple Cider Vinegar, Tarragon Vinegar, Champagne Vinegar and lemon or lime are also options.

Do I need to eat organic foods while on the diet?

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.

Where can I go out to eat?

Well, we think you can go anywhere and order cautiously, asking lots of questions to the wait staff, knowing ahead of time that you may be ordering a salad with balsamic vinegar and a baked potato with no extras.

What about bread?

We are recommending the Ezekiel bread found in the freezer section of your grocery/health food store.

How much can I eat?

As long as they are the appropriate foods, we are recommending eating until satisfied with no limits.