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Leviticus forbids the consumption of most "creeping things", but an exception is made for locusts. If locusts have destroyed all your crops, eating the culprits may have made the difference between life and death. So, what did Jesus eat? - Church Times Eat at least half "living foods" (grains, fruits, vegetables, nuts and seeds); eat "dead foods," such as animal products, sparingly, and avoid manmade, processed, high-sugar or high-fat foods. Sit... What would Jesus eat? - Pittsburgh Post-Gazette He doesn't really propose sticking strictly to what Jesus ate- certainly not for religious reasons. He is an advocate for soybeans, even though he acknowledges that Jesus never ate any. He simply uses the Bible texts as a fun way to structure sound dietary advice for anybody, Please don't be scared off by the title- this book is too full of useful information to pass up on that account. What Would Jesus Eat?: The Ultimate Program for Eating ... He correctly points out that fish was eaten by Jesus and is a very healthy food. But it should also be noted that there are vegetarian sources of the healthy fatty acids found in fish. Colbert mentions olive oil, but flax seeds, walnuts, and other nuts and seeds are also very good sources of these healthy fats.

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