

## Foods to avoid on the Daniel Fast...



ENDURANCECHURCH

- All animal products including all meat, poultry, fish...
- White rice
- White bread
- All deep-fried foods
- Caffeine
- Coffee (including decaf because it contains small amount of caffeine)
- Carbonated beverages
- Energy drinks
- Foods containing preservatives, additives
- Refined foods
- Processed foods
- Food additives
- Refined sugar
- Sugar substitutes
- Raw sugar
- Syrups
- Molasses
- Cane juice
- White flour
- Margarine
- Shortening
- High fat products
- Butter
- All leavened breads
- Baked goods
- All dairy
- Milk
- Cheese
- Yogurt
- Cream
- Eggs
- Alcohol
- Mayonnaise