

# Foods of the Bible

*Rev. Percy McCray*



**HEALTH, HOPE & INSPIRATION**  
WITH REV PERCY MCCRAY



In the Bible, certain foods are mentioned to provide nourishment to the body. The foods of biblical times were all natural, unprocessed, fresh foods. In that time, there were no preservatives, pesticides, hormones or antibiotics added to food. Many of these foods were likely very high in vitamins, minerals and other cancer fighting properties. We encourage your diet to be high in these fresh foods mentioned in the Bible.



# Seasonings/Spices

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- Coriander (aka Cilantro) – Exodus 16:31; Numbers 11:7
- Cinnamon – Isaiah 28:25; Matthew 23:23
- Dill – Matthew 23:23
- Mint – Matthew 23:23; Luke 11:42
- Mustard – Matthew 13:31
- Garlic – Numbers 11:5



# Vegetables

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- Broccoli/Cruciferous vegetables (kale, cabbage, cauliflower, collard greens, brussels sprouts, spinach) – Genesis 1:9; Genesis 9:3
- Cucumbers – Numbers 11:5
- Gourds – 2 Kings 4:39
- Leeks – Numbers 11:5
- Onions – Numbers 11:5
- Olives – Isaiah 17:6; Micah 6:15



# Legumes

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- Beans (soy, peas) – 2 Samuel 17:28; Ezekiel 4:9
- Lentils – Genesis 25:34; 2 Samuel 17:28; Ezekiel 4:9



# Fruits/Nuts

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- Apples – Solomon 2:5
- Almonds – Genesis 43:11; Numbers 17:8
- Berries (blueberries, strawberries) – Isaiah 17:6
- Dates – 2 Samuel 6:19; 1 Chronicles 16:3
- Figs – Nehemiah 13:15; Jeremiah 24:1-3
- Flaxseed – Exodus 9:31
- Grapes (red/purple) – Leviticus 19:10; Deuteronomy 23:24
- Melons (watermelon, cantaloupe, honeydew) – Numbers 11:5; Isaiah 1:8
- Pistachios – Genesis 43:1
- Pomegranates – Numbers 20:5; Deuteronomy 8:8
- Raisins – Numbers 6:3; 2 Samuel 6:19



# Grains

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- Barley – Deuteronomy 8:8
- Corn – Matthew 12:1
- Flour – 2 Samuel 17:28; 1 Kings 17:12
- Millet – Ezekiel 4:9
- Spelt – Ezekiel 4:9
- Wheat – Ezra 6:9; Deuteronomy 8:8
- Ezekiel bread or flat bread – Ezekiel 4:9



# Protein

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- Fish (salmon, tuna, cold water fish) – Matthew 15:36; John 21:11-13
- Cheese (hard aged white cheese, goat cheese) – 2 Samuel 17:29; Job 10:10
- Wild Game (goat, lamb, deer) – Genesis 27:9; 2 Samuel 12:4; Genesis 27:7



# Remember these seven tips to nourish your body...

- Eat foods in as close to their natural state as possible.
- Shop the perimeter of the grocery store.
- “Go for the color” when choosing fruits and vegetables.
- Drink filtered water and varieties of tea.
- Purchase organic, farmer’s market and/or in-season produce.
- Invest in olive oil and organic butter. Limit margarine and other hydrogenated fats.

# About Reverend Percy McCray

*Rev. Percy McCray Jr. has spent more than 20 years ministering to cancer patients and their caregivers at Cancer Treatment Centers of America® (CTCA).*



He recognizes cancer care ministry as a special calling from God and considers faith a key, but often overlooked, component of cancer treatment. He now serves as the Director of Faith-Based Programs at CTCA® and provides leadership to the pastoral care staff at all five CTCA hospitals. In addition, Rev. McCray oversees Our Journey of Hope®, a nationwide cancer-care ministry training and support program.

An ordained minister, Rev. McCray is a member of the U.S. Chaplain Association. He has been recognized as one of the “most influential African Americans in Lake County (IL)” by the *Chicago People’s Voice* newspaper for his religious and leadership roles within the community.

Health, Hope & Inspiration is a weekly radio broadcast, sponsored by Cancer Treatment Centers of America®(CTCA), designed to help people find answers to questions about cancer, cancer prevention and overall healthy living. One of the greatest gifts a person can enjoy is good health. A well-rounded lifestyle is the product of physical, emotional and spiritual health. These three things are interdependent, and that is the message of Health, Hope & Inspiration, as well as the basis of the integrative approach at CTCA®.

For more information, visit our website at [www.HealthHopeAndInspiration.com](http://www.HealthHopeAndInspiration.com).

Set an example; offer healthy snacks at parties and gatherings. The American Institute for Cancer Research (AICR) agrees - limiting processed foods high in added sugar, fat, and/or low in fiber, along with eating a diet full of vegetables, fruits, whole grains and beans may protect against cancer both directly, as well as indirectly by making it easier to achieve and maintain a healthy body weight.

For more information, please read about AICR's Foods that fight cancer™ at: <http://www.aicr.org/foods-that-fight-cancer/>

**OTHER RESOURCES:**

"10" Recommendations for Cancer Prevention by:

<http://www.aicr.org/reduce-your-cancer-risk/recommendations-for-cancer-prevention/>

**DISCLAIMER:** It is the position of CTCA that there is no scientific evidence to support nutrition modification alone can prevent or cure Cancer; it is merely one of several ways to potentially reduce risk of developing cancer or side effects and maintenance of quality of life during cancer treatment, and there is still much to learn about nutrition's overall effectiveness.

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Winning the fight against cancer, every day.®

Cancer Treatment Centers of America® is a national network of five hospitals in the United States with expertise in treating patients who are fighting cancer. We combine state-of-the-art technologies with an integrative approach to care to reduce side effects and maintain quality of life during cancer treatment. If you or someone you love has cancer, call 866-712-4673 or go to [www.CancerCenter.com/Faith](http://www.CancerCenter.com/Faith).