

How to Eat to Live

"What Allah, in the Person of Fard Muhammad,
Has Revealed to Me"

By ELIJAH MUHAMMAD

Messenger of Allah

In the past, our appetite was our God. We ate as many times a day that we could find an appetite to. We worshipped our appetite as though it was our God. This shortens our lives.

Some of us have never missed a day without eating, unless we were sick and the doctor stopped us until his drugs could aid in killing the germ that eating three or four meals a day had caused.

We think we cannot miss a meal, unless we are unable to buy the next meal. So, we wear out our stomach that could possibly live a thousand years, if cared for and protected from the enemies that will shorten and destroy our lives.

We can soon get accustomed to eating once a day and nothing between meals. After getting used to eating once a day, we can get used to eating once every two days. Our stomachs will not ask us for food—only at the time that we make a habit of putting food in them.

Surely one meal a day and eating the right kind of food at that meal, will do away

with much sickness and add many years to our lives. Try it for yourself.

Do not eat everything you see the Christians eat. That is why they have so many hospitals and must produce so many doctors every year.

Stay away from eating the swine flesh, field peas, black-eyed peas, brown and yellow peas, collard greens, and cabbage sprouts.

Cauliflower is good for us. And, trying eating the cabbage that has a white head inside of its cluster of green leaves.

Stay away from any kind of nuts. Your stomach does not have enough digestive juices to digest nuts. They are food for animals, wild game, squirrels, etc.

Eat to live, and not to die, because how you eat does both—it keeps you here, and it takes you away. Do not fill up your stomach with sweets. Keep away from greasy foods.

Allah (God) has brought us this knowledge, in the Person of Master Fard Muhammad. Believe in Him, and obey and follow His teachings, and you will always be happy.