

How to Eat to Live

"What Allah, In the Person of Master Fard Muhammad, to Whom Praises are Due Forever, Has Taught Me."

By Elijah Muhammad
(Messenger of Allah)

Eat one meal a day of good food that Allah (God) prescribes for us.

Strict Orthodox Jews follow the law that Allah gave to Moses on what food to eat and those strict Jews will not eat the prohibited foods that Allah made prohibited. So, their food is good for you, Allah teaches us in the Holy Qur-an. And, the strict Muslim food is good for the Jew.

TOUCH NOT that which Allah has forbidden to be touched. There are many tricks that the devil is playing on the total population in our foods and drinks so we have to be on our guard when we go to the market to purchase our food.

There are some people who love to eat poison foods and drinks and they write to me trying to defend themselves in eating other than good foods. One writer asked me a question on the eating of hog for cure. A few weeks ago, I wrote in this article, that the white race saying if you cook it (the hog) thoroughly done, you are destroying this pork worm in it. But, I also remind you that the very flesh is Divinely prohibited and that you should not even touch the flesh—not to think of eating it.

Regardless of how long you cook it, you still should not eat it.