

SEPTEMBER 30, 1966

Muhammad:

# How to Eat to Live

We cannot charge the white man with his way of life, and we follow it. If the white man eats the poison foods and eats three or four times a day, that is his business. We have now learned to distinguish the poison food from the non-poison food. Why should we eat poison food? We have learned that eating too often causes us to suffer. So, why should we do so?

**EAT ONE** meal a day or one meal every other day, and see how much better you will feel.

There are many different kinds of food that the white man has grown and made. Eat the best of the food that will not destroy your health and bring about a short life. Eat one meal a day and one meal every two days—and live.