

Permitted Foods in the Bible

Genesis 1:29-31

²⁹ God said, "See, I give you every seed-bearing plant that is upon all the earth, and every tree that has seed-bearing fruit; they shall be yours for food. ³⁰ And to all the animals on land, to all the birds of the sky, and to everything that creeps on earth, in which there is the breath of life, [I give] all the green plants for food." And it was so. ³¹ And God saw all that He had made, and found it very good. And there was evening and there was morning, the sixth day.

Genesis 9:1-6

God blessed Noah and his sons, and said to them, "Be fertile and increase, and fill the earth. ² The fear and the dread of you shall be upon all the beasts of the earth and upon all the birds of the sky—everything with which the earth is astir—and upon all the fish of the sea; they are given into your hand. ³ Every creature that lives shall be yours to eat; as with the green grasses, I give you all these. ⁴ You must not, however, eat flesh with its life-blood in it. ⁵ But for your own life-blood I will require a reckoning: I will require it of every beast; of man, too, will I require a reckoning for human life, of every man for that of his fellow man!

⁶ Whoever sheds the blood of man,
By man shall his blood be shed;
For in His image
Did God make man..."