

# THE TRUTH UNVEILED

## SCRIPTURAL GUIDING PRINCIPLE FOR DETERMINING CLEAN AND UNCLEAN FOOD

The Bible has given a list of animals and things that should not be eaten (Leviticus 11; Isaiah 66:17; Genesis 7:2; Leviticus 7:22-27; Deuteronomy 14). However, the lists given in the references listed are not exhaustive but can be used as a **first-principle** guideline for determining whether an animal is clean or unclean. Please refer to our article on [The Physical and Spiritual Dangers of Eating Unclean Meats](#).

### CLEAN BIRDS

**Deuteronomy 14:11** “Of all clean birds ye shall eat.”

These may be eaten:

Sagehen, Chicken, Turkey, Grouse, Partridge, Pheasant, Pigeon, Prairie chicken, Ptarmigan, Quail.



**Figure 1:** Examples of clean birds; not exhaustive; these may be eaten.

### UNCLEAN BIRDS

**Deuteronomy 14:11-20**

“11 Of all clean birds ye shall eat. 12 But these are they of which ye shall not eat: the eagle, and the ossifrage, and the ospray, 13 And the glade, and the kite, and the vulture after his kind, 14 And every raven after his kind, 15 And the owl, and the night hawk, and the

cuckow, and the hawk after his kind, 16 The little owl, and the great owl, and the swan, 17 And **the pelican, and** the gier eagle, and the cormorant, 18 And the stork, and the heron after her kind, and the lapwing, and the bat. 19 And every creeping thing that flieth is unclean unto you: they shall not be eaten. 20 But of all clean fowls ye may eat.”

### **Leviticus 11:13-20**

“And these are they which ye shall have in abomination among the fowls; they shall not be eaten, they are an abomination: the eagle, and the ossifrage, and the ospray, And the vulture, and the kite after his kind; Every raven after his kind; And the owl, and the night hawk, and the cuckow, and the hawk after his kind, And the little owl, and the cormorant, and the great owl, And the swan, and the pelican, and the gier eagle, And the stork, the heron after her kind, and the lapwing, and the bat. All fowls that creep, going upon all four, shall be an abomination unto you.”

Eagle, vulture, ossifrage, ospray, kite, owl, hawk, cuckow, cormorant, swan, pelican, stork, heron, lapwing, bat



**Figure 2:** Examples of unclean birds; not exhaustive; these may not be eaten.

## **CLEAN ANIMALS**

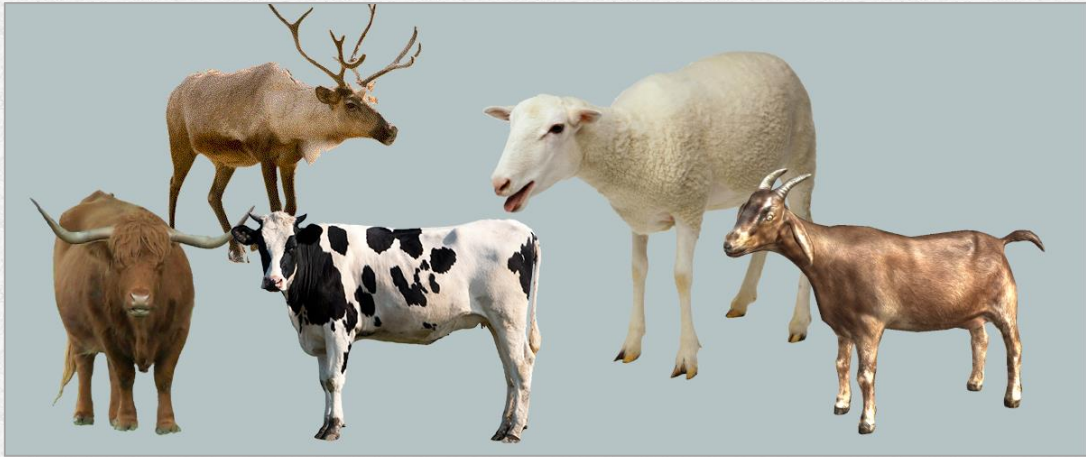
### **Leviticus 11:3**

“3 Whatsoever parteth the hoof, and is clovenfooted, and cheweth the cud, among the beasts, that shall ye eat.”

### **Deuteronomy 14:5-6**

“5 The hart, and the roebuck, and the fallow deer, and the wild goat, and the pygarg, and the wild ox, and the chamois. 6 And every beast that parteth the hoof, and cleaveth the cleft into two claws, and cheweth the cud among the beasts, that ye shall eat.”

Antelope, Bison (buffalo), Caribou, Cattle (beef, veal), Deer (venison), Elk, Gazelle, goat, Hart, Ibex, Moose, Ox, Reindeer, Sheep (lamb, mutton).



**Figure 3:** Examples of clean animals; not exhaustive; these may be eaten.

## UNCLEAN ANIMALS

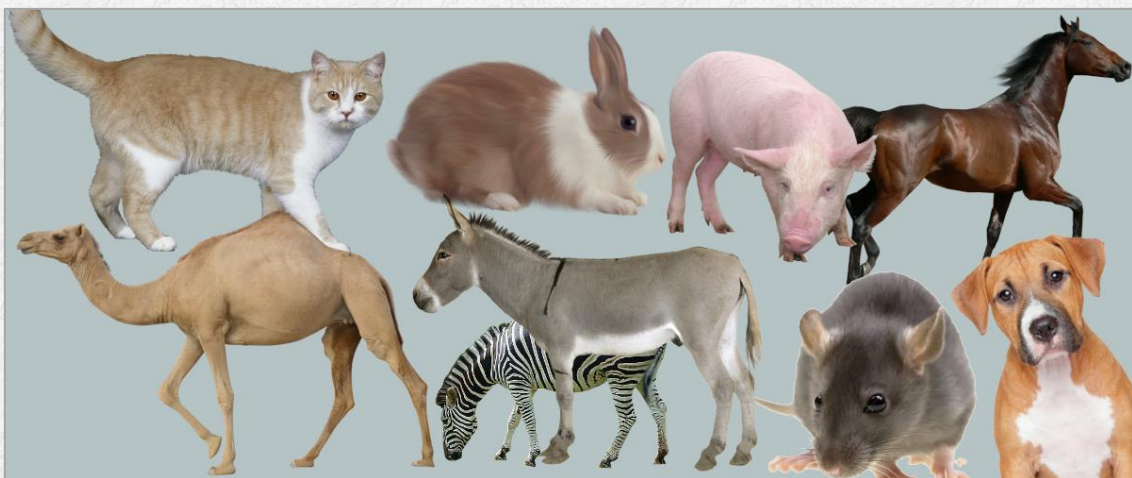
### Leviticus 11:4-7

“4 Nevertheless these shall ye not eat of them that chew the cud, or of them that divide the hoof: as the camel, because he cheweth the cud, but divideth not the hoof; he is unclean unto you. 5 And the coney, because he cheweth the cud, but divideth not the hoof; he is unclean unto you. 6 And the hare, because he cheweth the cud, but divideth not the hoof; he is unclean unto you. 7 And the swine, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is unclean to you.”

### Leviticus 11:26-27

“26 The carcasses of every beast which divideth the hoof, and is not clovenfooted, nor cheweth the cud, are unclean unto you: every one that toucheth them shall be unclean. 27 And whatsoever goeth upon his paws, among all manner of beasts that go on all four, those are unclean unto you: whoso toucheth their carcass shall be unclean until the even.”

Rabbit, hare, pig, peccary, boar, camel, horse, donkey, zebra, mule, Apes, bears, canines such as dogs and wolves, felines such as cats and lions.



**Figure 4:** Examples of unclean animals; not exhaustive; these may not be eaten.

## CLEAN SEAFOOD—FISH WITH FINS AND SCALES

### Leviticus 11:9

“9 These shall ye eat of all that are in the waters: whatsoever hath fins and scales in the waters, in the seas, and in the rivers, them shall ye eat.”

Anchovy, Barracuda, Bass, Black Pomfret, Bluefish, Bluegill, Carp, Cod, Crappie, Drum, Flounder, Grouper, Grunt, Haddock, Hake, Halibut, Hardhead, Herring, Kingfish, Mackerel, Mahimahi, dolphinfish (not the mammal dolphin), Minnow, Mullet, Perch, Pike, Pollack, Rockfish, Salmon, Sardine, Shad, Silver hake, Smelt, Snapper, Sole, Steelhead, Sucker, Sunfish, Tarpon, Trout, Tuna, Whitefish.



Figure 5: Examples of clean seafood—fish with fins and scales; these may be eaten.

## CLEAN INSECTS

### Leviticus 11:21-22

“21 Yet these may ye eat of every flying creeping thing that goeth upon all four, which have legs above their feet, to leap withal upon the earth; 22 Even these of them ye may eat; the locust after his kind, and the bald locust after his kind, and the beetle after his kind, and the grasshopper after his kind.”

Locust, bald locust, beetle, grasshopper

## UNCLEAN INSECTS

### Leviticus 11:41-42

“41 And every creeping thing that creepeth upon the earth shall be an abomination; it shall not be eaten. 42 Whatsoever goeth upon the belly, and whatsoever goeth upon all four, or whatsoever hath more feet among all creeping things that creep upon the earth, them ye shall not eat; for they are an abomination.”

### Leviticus 11:23

“But all other flying creeping things, which have four feet, shall be an abomination unto you.”

All insects, except the locust, the bald locust, the beetle, the grasshopper after their kind:

## UNCLEAN SEAFOOD

### Leviticus 11:10

“And all that have not fins and scales in the seas, and in the rivers, of all that move in the waters, and of any living thing which is in the waters, they shall be an abomination unto you”

Shellfish (Abalone, Clam, Crab, Crayfish, Lobster, Mussel, Prawn, Oyster, Scallop, Shrimp) Soft body (Cuttlefish, Jellyfish, Limpet, Octopus, calamari), Sea mammals (Dolphin, Otter, Porpoise, Seal, Walrus, Whale), Fish with no fins and no scales (Bullhead, Catfish, Eel, European Turbot, Marlin, Paddlefish, Sculpin, Shark, Stickleback, Squid, Sturgeon (includes most caviar), Swordfish)



Figure 6: Examples of unclean seafood—without fins and scales; not exhaustive; these may not be eaten.

## UNCLEAN—REPTILES

### Leviticus 11:29-30

“These also shall be unclean unto you among the creeping things that creep upon the earth; the weasel, and the mouse, and the tortoise after his kind, And the ferret, and the chameleon, and the lizard, and the snail, and the mole.”

Reptiles (Alligator, Caiman, Crocodile, Lizard, Snake, Turtle), Amphibians (Blindworm, Frog, Newt, Salamander, Toad), snail, mole, mouse, rat:



**Figure 7:** Examples of reptiles—unclean; not exhaustive; these may not be eaten.