

# Biblical Principle for the Healthiest Eating and Drinking

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[1 Corinthians 10:31](#) ...*whether you eat or drink, or whatever you do, do all to the glory of God.*

Everything we eat and drink should reflect the supreme excellence of God, in whose image we have been created. This means that **what** we eat and drink, the **amount** we eat and drink, the **way** we eat and drink, and the **reasons** we eat and drink should reflect God's infinite love, wisdom, goodness, kindness, righteousness, holiness, purity, and logic.

The following two lists might make this clearer.

## Examples of Healthy Eating and Drinking

For the best life possible, we should do the following:

- Consume natural foods and drinks that have been created by God for our health and his glory.
- Consume the widest possible variety in the best combinations to maximize their nutritional value.
- Consume the amounts we need at the times that are most beneficial.
- Consume food and drink to maximize our energy and motivation for godly activities.
- Consume food and drink in ways that help us and others mature in godly ways.
- Consume food and drink in clean and orderly ways that make the experience beautiful.
- Consume food and drink in ways that express kindness, humility, and generosity.

## Examples of Unhealthy Eating and Drinking

For the worst life possible, we should do the following:

- Consume unnatural, processed, nutrition-free food and drink that has been created by people who value profit more than the health of their consumers.
- Consume food and drink that has been polluted with pesticides, preservatives, hormone injections, and artificial additives to make them more profitable to the manufacturer.
- Consume more food and drink than we need or can reasonably afford.
- Consume only a narrow range of food and drink that our sinful human nature seems to prefer (e.g., sweets and carbohydrates).
- Consume certain kinds of food and drink in order to impress others.
- Consume certain kinds of food and drink in order to weaken the sexual morals of a date.
- Consume food and drink to satisfy greedy or gluttonous desires.
- Consume food and drink wastefully without any interest in the poor who do not have enough to eat.
- Consume food and drink to escape from stress and the unpleasant consequences of godless living.
- Give unhealthy food and drink to children because it is cultural (e.g., candy, cookies, donuts, cola, soda pop, sweet breakfast cereals, etc.)