

Foods Categorized

Foods are categorized in the writings of E. G. White by three sets of descriptive term such as those that should be avoided because they are injurious to health, those that may be used moderately and those that can be used freely. Most would agree as to which category any food should be placed in.

Use Freely

Wholesome

Palatable

Best

Healthful

Abundance of

Appetizing

Nourishing

Preferable

Beneficial

Inexpensive

Nutritious

Use Moderate Amounts

Do not eat largely of

Some

Less harmful

Not in large amounts

Use a little

Do not use too freely

Use in moderation

Moderate amounts

Use more sparingly

Use in limited quantities

Not excessively

Do not use freely

Objectionable

Injurious To Health

Ruinous

Deleterious

Injurious

Fiery

Irritate

Decay

Putrefies

Difficult of digestion

Unwholesome

Free from

Never use

Doubly objectionable

Unfit; Hurtful

Too strong

Dangerous; Harmful

Poisonous

Unnatural

Excite