

Comprehensive List of Scripturally Clean Foods, and The Unclean

Majority of the list found on: <http://www.biblestudy.org/cleanfood.html>

Scriptural references added by :scott-robert: martin:

Clean Foods are those items which in their natural state do not harm the human body and which man can use for his nourishment.

The Unclean (commonly mistaken as “foods”) are those items which are unhealthy to consume and are poisonous to the body.

The Scriptures discuss the topic of what foods are good and bad for Man to eat in Leviticus 11 and Deuteronomy 14.

THE CLEAN FOODS

Clean Land Animals

(Lev. 11:1-3, Deut. 14:4-6)

Lev 11:1 And YAHWEH:יהוה spoke to Mosheh and to Aharon, saying to them,

Lev 11:2 “Speak to the children of Yisra’el, saying, “These are the living creatures which you do eat among all the beasts that are on the earth:

Lev 11:3 ‘Whatever has a split hoof completely divided, chewing the cud, among the beasts, that you do eat.

Deu 14:4 “These are the living creatures which you do eat: ox, sheep, and goat,

Deu 14:5 deer, and gazelle, and roebuck, and wild goat, and mountain goat, and antelope, and mountain sheep.

Deu 14:6 “And every beast that has a split hoof divided in two, chewing the cud, among the beasts, you do eat.

Buffalo Bison = American Buffalo, African or Cape Buffalo, Wisent or Eurasian Buffalo, Water Buffalo, Wild Water Buffalo, Dwarf Buffalo or anoa	Deer (Fallow, Hart = male Red Deer; White-Tailed, etc.) (aka Venison)	Hart	Roebuck (Antelope & Gazelle) Pygarg = (Species of Antelope, addax)
Caribou	Elk	Moose	Sheep (Lamb, Mutton)
Cattle (Beef, Veal)	Giraffe	Ox	
Chamois (goat-like)	<u>Goat / Ibex / tur</u> (Genus=“Caprus”= 9 types: Spanish, Alpine, Nubian, Siberian, Walia, West Caucasian, East Caucasian, Wild goat, Domestic/ferel goat, Markhor)	Reindeer	

Clean Birds

(Lev. 11:13-20, Deut. 14:12-19)

The following are Clean Birds NOT specifically mentioned in the Bible

Lev 11:13 ‘And these you do abominate among the birds, they are not eaten, they are an abomination: the eagle, and the vulture, and the black vulture,

Lev 11:14 and the hawk, and the falcon after its kind,

Lev 11:15 every raven after its kind,
 Lev 11:16 and the ostrich, and the nighthawk, and the seagull, and the hawk after its kind,
 Lev 11:17 and the little owl, and the fisher owl, and the great owl,
 Lev 11:18 and the white owl, and the pelican, and the carrion vulture,
 Lev 11:19 and the stork, the heron after its kind, and the hoopoe, and the bat.
 Lev 11:20 'All flying insects that creep on all fours is an abomination to you.
 Deu 14:12 but these you do not eat: the eagle, and the vulture, and the black vulture,
 Deu 14:13 and the red kite, and the falcon, and the buzzard after their kinds,
 Deu 14:14 and every raven after its kind,
 Deu 14:15 and the ostrich, and the nighthawk, and the seagull, and the hawk after their kinds,
 Deu 14:16 the little owl, and the great owl, and the white owl,
 Deu 14:17 and the pelican, and the carrion vulture, and the fisher owl,
 Deu 14:18 and the stork, and the heron after its kind, and the hoopoe and the bat.
 Deu 14:19 "And every creeping *insect* that flies is unclean for you, they are not eaten.

Chicken	Guinea fowl	Pigeon	Sparrow (and other songbirds)
Dove	Partridge	Prairie chicken	Swan *
Duck	Peacock	Ptarmigan	Teal
Goose	Peafowl	Quail	Turkey
Grouse	Pheasant	Sagehen	

- Please note that the word "Swan" listed in the King James Version of Leviticus 11:18 is a mistranslation and does not refer to what we know as a swan today.

Clean Insects

(Lev. 11:21-23, Deut. 14:19)

Lev 11:21 'Only, these you do eat of every flying insect that creeps on all fours: those which have jointed legs above their feet with which to leap on the earth.
 Lev 11:22 'These of them you do eat: the locust after its kind, and the destroying locust after its kind, and the cricket after its kind, and the grasshopper after its kind.
 Lev 11:23 'But all other flying insects which have four feet is an abomination to you.
 Deu 14:19 "And every creeping *insect* that flies is unclean for you, they are not eaten.

Clean insects include types of locusts that may include crickets and grasshoppers

Locust after his kind	Bald locust after his kind	Beetle after his kind	Grasshopper after his kind
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Clean Fish

(Lev. 11:9, Deut. 14:9-10)

Lev 11:9 "These you do eat of all that are in the waters: any one that has fins and scales in the waters, in the seas or in the rivers, that you do eat.
 Deu 14:9 "These you do eat of all that are in the waters: all that have fins and scales you do eat.
 Deu 14:10 "And whatever does not have fins and scales you do not eat, it is unclean for you.

Albacore (Crevalle, Horse Mackerel, Jack)	Hardtail (Blue Runner)	Mullet	Shad
Alewives (Branch, River Herring)	Herring (Alewife, Branch, Glut. Lake, River, Sea Herrings)	Muskellunge (Jacks)	Sheepshead
Anchovy	Kingfish	Orange Roughy	Silver Hake (Whiting)

Barracuda	Long Nose Sucker (Northern or Red Striped Sucker)	Perch (Bream)	Silversides
Bass	Common Sucker (Fr. Water Mullet, White Sucker)	Pike (Northern / Pickerel, Jack, Walleye)	Smelt (Frost or Ice Fish)
Black Drum	Crappie (Black or White Crappies)	Pig Fish	Snapper (Ebu, Jobfish, Lehi, Onaga, Opakapaka, Uku)
Black Pomfret (Monchong)	Drum	Pollack (Pollock, Boston Bluefish)	Snook (Gulf Pike)
Blue Runner (Hardtail)	Flounder (Dab, Gray, Lemon Sole, Summer or Winter Flounder, Yellow Tail)	Pompano	Sole
Bluebacks (Glut Herrings)	Grouper (Black, Nassau, Red, or Yellowfish Grouper, Gag)	Red Horse Sucker (Redfin)	Spanish Mackerel
Bluebill Sunfish	Grunt (White / Yellow Grunts)	Red Snapper	Steelhead
Bluefish	Gulf Pike (Robalo, Snook, Sergeant)	Redfish	Striped Bass
Bluegill	Haddock	Robalo (Gulf Pike)	Sucker (Red Horse Sucker, Redfin)
Bonitos	Hake	Porgy (Scup)	Sunfish
Bowfin	Halibut	Red Drum (Redfish)	Tarpon
Buffalofish	Hardhead	Rockfish	Trout (Gray Sea, Lake, Sand Sea, White Sea, Spotted Sea Trouts, Weakfish)
Butterfish	Mackerel (Cobia)	Salmon (Chum, Coho, King, Pink or Red)	Tuna (Ahi, Aku, Albacore, Bluefin, Bonito, Shipjack, Tombo, Yellowfin, Yellowtail)
Carp	Mahi-Mahi (Dorado, Dolphinfish - NOT the mammal dolphin)	Sardine (Pilchard)	Turbot (<i>except</i> European turbot)
Chubs (Bloater, Longjaw, Blackfin)	Menhaden	Scup (Porgy)	Whitefish
Cod	Minnow	Sea Bass	Whiting (Silver Hake)
		Sergeant Fish (Gulf Pike)	Yellow Perch

THE UNCLEAN

Scriptural Versus Regarding The Unclean, Not Listed By Category Below

Researched by :scott-robert: martin:

Lev 5:2 'Or when a being touches any unclean matter, or the carcass of an unclean beast, or the carcass of unclean livestock, or the carcass of unclean creeping creatures, and it has been hidden from him, he is unclean and guilty.

Lev 5:3 'Or when he touches uncleanness of man, any of his uncleanness by which he is unclean, and it has been hidden from him, when he shall know it, then he shall be guilty.

Lev 7:18 'However, if any of the flesh of his peace offering is eaten at all on the third day, it is not accepted. It is not reckoned to him who brings it, it is unclean to him, and the being who eats of it bears his crookedness.

Lev 7:19 'And the flesh that touches that which is unclean is not eaten, it is burned with fire. And as for the clean flesh, all who are clean eat of it.

Lev 7:20 'But the being who eats the flesh of the peace offering that belongs to יהוה', while he is unclean, that being shall be cut off from his people.

Lev 7:21 'And when a being who touches that which is unclean, of the uncleanness of man, or of the uncleanness of beast, or of any unclean swarming creature, and shall eat the flesh of the peace offering that belongs to יהוה', that being shall be cut off from his people.' "

Lev 10:9 "Do not drink wine or strong drink, you, nor your sons with you, when you go into the Tent of Meeting, lest you die – a law forever throughout your generations,

Lev 10:10 so as to make a distinction between the set-apart and the profane, and between the unclean and the clean,

Lev 11:39 'And when any of the beasts which are yours for food dies, he who touches its carcass becomes unclean until evening.

Lev 11:46 'This is the Torah of the beasts and the birds and every living creature that moves in the waters, and of every creature that creeps on the earth,

Lev 11:47 to make a distinction between the unclean and the clean, and between the living creature that is eaten and the living creature that is not eaten.' "

Lev 17:15 "And any being who eats a carcass or what was torn *by a beast*, be he a native or a stranger, he shall wash his garments and bathe in water, and shall be unclean until evening. Then he shall be clean.

Unclean Land Animals

(Lev. 11:4-8, 26-27, 29-31, 41-42, Deut. 14:7-8, 19)

Lev 11:4 'Only, these you do not eat among those that chew the cud or those that have a split hoof: the camel, because it chews the cud but does not have a split hoof, it is unclean to you;

Lev 11:5 and the rabbit, because it chews the cud but does not have a split hoof, it is unclean to you;

Lev 11:6 and the hare, because it chews the cud but does not have a split hoof, it is unclean to you;

Lev 11:7 and the pig, though it has a split hoof, completely divided, yet does not chew the cud, it is unclean to you.

Lev 11:8 'Their flesh you do not eat, and their carcasses you do not touch. They are unclean to you.

Lev 11:26 'Every beast that has a split hoof not completely divided, or does not chew the cud, is unclean to you. Anyone who touches their carcass is unclean.

Lev 11:27 'And whatever goes on its paws, among all the creatures that go on all fours, those are unclean to you. Anyone who touches their carcass is unclean until evening,

Lev 11:29 'And these are unclean to you among the creeping creatures that creep on the earth: the mole, and the mouse, and the tortoise after its kind,

Lev 11:30 and the gecko, and the land crocodile, and the sand reptile, and the sand lizard, and the chameleon.

Lev 11:31 'These are unclean to you among all that creep. Anyone who touches them when they are dead becomes unclean until evening.

Lev 11:41 'And every creeping creature that creeps on the earth is an abomination, it is not eaten.

Lev 11:42 'Whatever crawls on its stomach, and whatever goes on all fours, and whatever has many feet among all creeping creatures that creep on the earth, these you do not eat, for they are an abomination.

Deu 14:7 "But of those chewing the cud or those having a split hoof completely divided, you do not eat, such as

these: the camel, and the hare, and the rabbit, for they chew the cud but do not have a split hoof, they are unclean for you.

Deu 14:8 “And the pig is unclean for you, because it has a split hoof, but does not chew the cud. You do not eat their flesh or touch their dead carcasses.

Deu 14:19 “And every creeping *insect* that flies is unclean for you, they are not eaten.

Deu 14:21 “Do not eat whatever dies of itself.

Swine

Boar, Peccary, Pig
(hog, bacon, fatback, ham, lard, pork)

Canines	Equines	Felines
Coyote	Ass	Cat
Dog	Donkey	Cheetah
Fox	Mule	Leopard
Hyena	Horse	Lion
Jackal	Onager	Panther
Wolf	Zebra (quagga)	Tiger

Other Unclassified Unclean Animals

Armadillo	Kangaroo	Rat
Badger	Llama (alpaca, vicuña)	Rhinoceros
Bear	Mole	Skunk
Beaver	Monkey	Slug
Camel	Mouse	Snail (escargot)
Elephant	Muskrat	Squirrel
Gorilla	Opossum	Wallaby
Groundhog	Porcupine	Weasel
Hare	Rabbit	Wolverine
Hippopotamus	Raccoon	Worm

Unclean Insects

(Lev. 11:21-24, 41-42, Deut. 14:19)

- Lev 11:21** 'Only, these you do eat of every flying insect that creeps on all fours: those which have jointed legs above their feet with which to leap on the earth.
- Lev 11:22** 'These of them you do eat: the locust after its kind, and the destroying locust after its kind, and the cricket after its kind, and the grasshopper after its kind.
- Lev 11:23** 'But all other flying insects which have four feet is an abomination to you.
- Lev 11:24** 'And by these you are made unclean, anyone touching the carcass of any of them is unclean until evening,
- Lev 11:41** 'And every creeping creature that creeps on the earth is an abomination, it is not eaten.
- Lev 11:42** 'Whatever crawls on its stomach, and whatever goes on all fours, and whatever has many feet among all creeping creatures that creep on the earth, these you do not eat, for they are an abomination.
- Deu 14:19** "And every creeping *insect* that flies is unclean for you, they are not eaten.

All insects, except some in the locust family.

Unclean Birds

(Lev. 11:13-20, 23, Deut. 14:12-19)

- Lev 11:13** 'And these you do abominate among the birds, they are not eaten, they are an abomination: the eagle, and the vulture, and the black vulture,
- Lev 11:14** and the hawk, and the falcon after its kind,
- Lev 11:15** every raven after its kind,
- Lev 11:16** and the ostrich, and the nighthawk, and the seagull, and the hawk after its kind,
- Lev 11:17** and the little owl, and the fisher owl, and the great owl,
- Lev 11:18** and the white owl, and the pelican, and the carrion vulture,
- Lev 11:19** and the stork, the heron after its kind, and the hoopoe, and the bat.
- Lev 11:20** 'All flying insects that creep on all fours is an abomination to you.
- Lev 11:23** 'But all other flying insects which have four feet is an abomination to you.
- Deu 14:12** but these you do not eat: the eagle, and the vulture, and the black vulture,
- Deu 14:13** and the red kite, and the falcon, and the buzzard after their kinds,
- Deu 14:14** and every raven after its kind,
- Deu 14:15** and the ostrich, and the nighthawk, and the seagull, and the hawk after their kinds,
- Deu 14:16** the little owl, and the great owl, and the white owl,
- Deu 14:17** and the pelican, and the carrion vulture, and the fisher owl,
- Deu 14:18** and the stork, and the heron after its kind, and the hoopoe and the bat.
- Deu 14:19** "And every creeping *insect* that flies is unclean for you, they are not eaten.

Albatross	Eagle	Magpie	Roadrunner
Bat	Flamingo	Osprey	Sandpiper
Bittern	Grebe	Ostrich	Seagull
Buzzard	Grosbeak	Owl	Stork
Condor	Gull	Parrot	Swallow
Coot	Hawk	Pelican	Swift
Cormorant	Heron	Penguin	Vulture of any kind
Crane	Kite	Plover	Water Hen
Crow	Lapwing	Rail	Woodpecker
Cuckow or Cuckoo	Loon	Raven	Ossifrage

Unclean Reptiles and Amphibians

(Lev. 11:29-30, Deut. 14:7)

Lev 11:29 ‘And these are unclean to you among the creeping creatures that creep on the earth: the mole, and the mouse, and the tortoise after its kind,
Lev 11:30 and the gecko, and the land crocodile, and the sand reptile, and the sand lizard, and the chameleon.
Deu 14:7 “But of those chewing the cud or those having a split hoof completely divided, you do not eat, such as these: the camel, and the hare, and the rabbit, for they chew the cud but do not have a split hoof, they are unclean for you.

Reptiles	Amphibians
Alligator	Blindworm
Caiman	Frog
Chameleon	Newt
Crocodile	Salamander
Lizard	Toad
Snake	
Turtle / Tortoise	

Unclean Fish and Marine Animals

(Lev. 11:10-12, Deut. 14:9-10)

Lev 11:10 ‘But all that have not fins and scales in the seas and in the rivers, all that move in the waters or any living creature which is in the waters, they are an abomination to you.
Lev 11:11 ‘They are an abomination to you – of their flesh you do not eat, and their carcasses you abominate.
Lev 11:12 ‘All that have not fins or scales in the waters is an abomination to you.
Deu 14:9 “These you do eat of all that are in the waters: all that have fins and scales you do eat.
Deu 14:10 “And whatever does not have fins and scales you do not eat, it is unclean for you.

Fish	Shellfish, Crustaceans & Mollusks	Cephalopods - Soft Body	Sea Mammals
Bullhead	Abalone	Cuttlefish	Otter
Catfish	Clam	Jellyfish / Man o’ War	Porpoise / incorrectly called Dolphin
Eel	Crab	Limpet	Seal
European turbot	Crayfish	Octopus	Walrus
Marlin	Lobster	Squid (calamari)	Whale
Paddlefish	Mussel		
Shark	Prawn		
Stickleback	Oyster		
Sturgeon (includes most caviar)	Scallop		
Swordfish	Shrimp		

SUMMARY OF INSTRUCTIONS

Deu 14:3 “Do not eat whatever is abominable.

Deu 14:4 “These are the living creatures which you do eat: ox, sheep, and goat,

Deu 14:5 deer, and gazelle, and roebuck, and wild goat, and mountain goat, and antelope, and mountain sheep.

Deu 14:6 “And every beast that has a split hoof divided in two, chewing the cud, among the beasts, you do eat.

Deu 14:7 “But of those chewing the cud or those having a split hoof completely divided, you do not eat, such as these: the camel, and the hare, and the rabbit, for they chew the cud but do not have a split hoof, they are unclean for you.

Deu 14:8 “And the pig is unclean for you, because it has a split hoof, but does not chew the cud. You do not eat their flesh or touch their dead carcasses.

Deu 14:9 “These you do eat of all that are in the waters: all that have fins and scales you do eat.

Deu 14:10 “And whatever does not have fins and scales you do not eat, it is unclean for you.

Deu 14:11 “Any clean bird you do eat,

Deu 14:12 but these you do not eat: the eagle, and the vulture, and the black vulture,

Deu 14:13 and the red kite, and the falcon, and the buzzard after their kinds,

Deu 14:14 and every raven after its kind,

Deu 14:15 and the ostrich, and the nighthawk, and the seagull, and the hawk after their kinds,

Deu 14:16 the little owl, and the great owl, and the white owl,

Deu 14:17 and the pelican, and the carrion vulture, and the fisher owl,

Deu 14:18 and the stork, and the heron after its kind, and the hoopoe and the bat.

Deu 14:19 “And every creeping *insect* that flies is unclean for you, they are not eaten.

Deu 14:20 “Any clean bird you do eat.

Deu 14:21 “Do not eat whatever dies of itself. Give it to the stranger who is within your gates, to eat it, or sell it to a foreigner. For you are a set-apart people to יהוה your Elohim. Do not cook a young goat in its mother’s milk.

Gen 1:29 And Elohim said, “See, I have given you every plant that yields seed which is on the face of all the earth, and every tree whose fruit yields seed, to you it is for food.

Lev 3:17 ‘An everlasting law throughout your generations in all your dwellings: you do not eat any fat or any blood.’ ”

Lev 7:23 “Speak to the children of Yisra’el, saying, ‘Do not eat any fat, of bull or sheep or goat.

Lev 7:24 ‘And the fat of a dead body, and the fat of what is torn, is used for any purpose, but you do not eat it at all.

Lev 7:25 ‘For whoever eats the fat of the beast of which men bring as an offering made by fire to יהוה, even the being who eats it shall be cut off from his people.

Lev 7:26 ‘And do not eat any blood in any of your dwellings, of bird or of beast.

Lev 7:27 ‘Any being who eats any blood, even that being shall be cut off from his people.’ ”

Some items above were inserted from the site below, as well as everything below the link:

http://www.christianwalks.org/churchgodpro/biblically_clean_and_unclean.htm

These laws are known as health laws, and are the means for achieving a healthier life.

[Scripturally, these instructions come from Torah, which means “instructions”, “guidelines”, “teachings”, and some say “Laws”, the first five books of the Pre-Messianic Covenant aka New Testament.]

In the beginning, man ate fruits and vegetables according to YAHWEH’s instruction, but later started eating meat [after the 40-day flood of Noah’s time]; the food from plants after The Flood no longer had all of the health sustaining characteristics as they did prior to The Flood. YAHWEH made known what meats were unhealthy through the laws of clean and unclean foods long before there was a nation of Yisra’el, even before Noah's time, as seen in Genesis 7:2 and 7:8.

It is a well know fact today, that these same unclean foods are known to be unhealthy.

But you say, what about the following verse from scripture?

Deu 12:15 “Only, whatever your being desires you shall slaughter and eat, according to the blessing of יהוה your Elohim which He has given you, within all your gates. The unclean and the clean do eat of it, of the gazelle [roebuck] and the deer [hart] alike.

This is one of the most misinterpreted verses on this subject, because of the food laws being well know in their nation they did not keep unclean animals around for food, so they would not have found it in their gates. It is speaking of the unclean person eating with the clean person during this time. Normally, an unclean person was not allowed to eat with those that were clean.

Deu 15:22 “Eat it within your gates – the unclean and the clean alike – as the gazelle [roebuck], and as the deer [hart].

How clear it becomes now.

We should take note that these are very clearly laws to be obeyed.

Isa 66:17 those who set themselves apart and cleanse themselves at the gardens after ‘One’ in the midst, eating flesh of pigs and the abomination and the mouse, are snatched away, together,” declares יהוה.

As shown with this verse YAHWEH does condemn those that eat of what is considered an abomination. Isaiah 65:4 tells us that eating swine and other abominable things provokes the Eloah to anger.

For those that would say these laws were only for the people of Yisra’el at that time, take note that animals were regarded as clean or unclean during the time of Noah (Gen 7:2) before Yisra’el existed.

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