

Back to Basics

Depending on your view of creation, there are many stories of how the world began and how humans came about on the earth. Both the Jewish faith and the Christian faith (based on Judaism) have identical first 5 books of the Torah/Bible and believe that initially humans were free to “eat of every tree in the garden.” This means that initially humans were to eat fruit and nuts only. God’s original plan was for humans to consume only raw fruit and nuts,



After the fall of man, Adam, Eve and their offspring were to be farmers. Since their role was changed, it’s likely that their caloric output would change and leafy greens were added to the human diet. Leafy greens have so few calories that the fruit was still needed for carbohydrates and the nuts for protein and iron, which the leafy greens helped to absorb in the body. The leafy greens simply added minerals and phytonutrients not in fruit or nuts alone. However, grains to make bread are also included in the “leafy greens.” Vegetables seem to be included in the “leafy greens,” as well. In this respect, there are differing interpretations, but humans were to be fruitarians. God did not give man authorization to eat animal protein until after the Great Flood, after Noah and his family were back on the ground when likely the vegetation was being regenerated. At this point in time, humans were allowed to be omnivores then on. There is nothing more indicated that one type of diet is preferred to another.

According to [the Timeline for the History of Judaism](#), “the Flood was in the biblical year of 1,610. That means 1,610 years after the creation.” So, this does mean that humankind was prohibited from eating animal protein for the first 1,610 years of existence. Medical professionals encourage humans to eat more fruits and vegetables, and we tell our children the same. Maybe without knowing it, they are encouraging us to eat God’s original human diet!

The Quran has almost an identical history of creation, with the exception of the prohibition of meat at any time. The vast majority of Muslims eat meat regularly. Many Islamic jurists consider vegetarianism permitted, but not superior to meat-eating. The religious arguments for vegetarianism involve the obligation for compassion compelled on Muslims by the Quran and sunna and the concept of stewardship (khalifa). “Allah has created some animals for our food as Allah says in the Qur’an in surat an-Nahl, ‘And cattle He has created for you. From them you derive wont and numerous benefits and of their meat, you eat.’ (An-Nahl: 5-8) Muslims do acknowledge animal rights.” (<https://fiqh.islamonline.net/en/what-islam-says-on-vegetarianism/>)

Buddhist vegetarianism is not a strict constraint, but many Buddhists opt to be vegetarian or vegan as a way to prove regard for other living creatures and live by the doctrines of ahimsa (non-violence). While attitudes toward vegetarianism vary among different disciplines of Buddhism, the Buddha himself was not a vegetarian.

Hinduism promotes a vegetarianism diet based on the theory of ahimsa (non-violence and compassion towards all beings). The vegetarian diet for Hindu followers is rooted in Indian integrity and morality, to live in harmony with nature, to show respect for all forms of life, and to encourage inner peace. Hindu scriptures extol the merits of not consuming meat. The thought of nonviolence (ahimsa) related to animals is tied to avoiding negative karmic influences that result from violence. The suffering of all living beings is deemed to arise from appetite and yearning, conditioned by the karmic effects of both animal and human action.

Only the Jewish and Christian views actually relate that the Creator specified that human beings were not to eat meat or any animal protein for the first 1,610 years of existence. However, after that time, there is no indication of no reason not to eat meat. Had wanted some clarity, but no clarity in my lifetime!

(654 words)