

Elijah's Clean Food List

CLEAN ANIMALS/FISH:	UNCLEAN ANIMALS/FISH:	ITEMS THAT CAN CONTAIN UNCLEAN INGREDIENTS:	OTHERS INCLUDE:
Anchovy	Abalone	Most any and all foods or drinks.	Baby Formulas
Antelope	Badger	Also Medications can contain unclean ingredients:	Anti-fungal treatments
Bass	Bear	Insulin - Made from the pig's pancreas gland (beef available)	Dermatitis ointments, soaps and preparations (acne)
Bison	Boar	Pill Capsules - More and more popularly made from gelatine.	Rabies vaccines
Bluefish	Camel	Monostearates (which holds the powder together) are a common	Vaginal suppositories and creams
Buffalo	Cat	pork derivative. Shiny-coated pills are often covered with a thin gelatine coating.	Indigestion mixtures and chewable tablets/Antacids
Caribou	Catfish	Calcium - Crushed hog or other bovine bones	Nutritional supplements for oral or tube feedings
Cattle	Crocodile	Chymotrypsin - Used to promote healing and remove dead skin tissue	Bar Soaps and Liquid soaps - Made from Pig fat. You might be surprised at how many are made from pig.
Carp	Cuttlefish	Thyroxine and thyrotopine - Thyroid preparations made from the pig's thyroid	
Chickens	Clam	Mucin - Made from the pig's stomach for the treatment of ulcers	
Cod	Cheetah	Pepsin - Used for indigestion in stomach coaters (enzymes)	
Croppie	Coney	Epinephrine - Used to treat heart disease from pig adrenal glands	
Dove	Coyote	Progesterone - Extract from pig	
Lamb	Crab		
Deer (Venison)	Crayfish		
Duck (This is debatable)	Dog		
Elk	Dolphin		
Flounder	Donkey		
Gazelle	Eel		
Giraffe	Elephant		
Goat	Fox		
Goose	Frog		
Grouper	Gorilla		
Grouse	Hare		
Grunt	Hippo		
Guinea	Hog		
Haddock	Horse		
Halibut	Hyena		
Hart	Jackal		
Herring	Jellyfish		
Ibex	Kangaroo		
Locust	Lobster		
Mackerel	Leopard		
Minnow	Lion		
	Limpet		

Moose	Lizard	ovaries used for menopausal syndromes	
Partridge	Marlin		
Peacock	Monkey	Acth (Adrenocorticotropin) -	
Perch	Mule	From the pig's pituitary gland	
Pheasant	Mussel	used to treat Leukemia, cystic fibrosis, gout and arthritis	
Pickrel	Newt		
Pigeon	Octopus	Adrenalin - From the pig's adrenal glands	
Pike	Onager		
Quail	Opossum	Heparin - From the pig's intestinal mucosa, for blood clotting	
Reindeer	Otter		
Rockfish	Oyster	Pancreatin - From the pig's pancreas used as a digestive aid and for chronic pancreatitis	
Salmon	Panther		
Shad	Peccary	Corticotropin - A gel used with injections (gelatine) Vegetable is available.	
Sheep	Pig		
Smelt	Porcupine	Levothyroxine - Used for thyroid dysfunctions (From the pig's thyroid)	
Snapper	Prawn		
Sole	Quagga		
Songbird	Raccoon		
Sparrow	Rhino		
Steelhead	Salamander		
Sunfish	Scallop		
Tarpon	Seal		
Tuna (I hear they are the Albacore, Bonita, Yellowtail species)	Shark		
Turkey	Shrimp		
	Skunk		
	Squid		
	Squirrel		
	Sturgeon		
	Swine		
	Toad		
	Tiger		
	Turtle		
	Wallaby		
	Walrus		
	Whale		
	Wolf		
	Zebra		

Some might think that this is burdensome. This is Satan's world; please follow the leading of God's Spirit on this. The world today isn't afraid to look at ingredients to avoid eating fat, cholesterol, salt, etc. but we have a much higher authority to answer to when avoiding the flesh of unclean animals.

If you have any further questions, you can contact Elijah at <http://www.elijah.com/>. He has offered to send you a list of clean/unclean foods by return e-mail.