

What Did Jesus Eat & Drink?

If you believe my prior post that Jesus did eat and drink, then this post will shed some light on what He ate and drank. There are few instances in the Gospels that state specifically what He ate and drank. I encourage you to use the Bible Gateway on this site to research those passages.

Jesus most probably ate and drank a diet that was common to His place and time. The diet was largely vegetarian and certainly included wine. Christ's diet probably closely resembled the so-called modern day Mediterranean Diet which, upon reflection, is a no-brainer due to the location of Israel.

Jesus' Diet likely included; Olives, Figs, Dates, Grapes, Raisins, Lentils, Melons, Nuts, Cheeses, Fish, Lamb, and various spices, herbs and condiments such as Honey, Olive Oil, Vinegar, Mint, Onions and Garlic. And of course Bread. Bread in Biblical Times was not modern day bread as we know it, it was made from barley as well as wheat flour and most of it was flatbread which was "broken" not cut with a knife. Hence the term "Breaking Bread" used for eating together.

Of course there would not have been any pork or other foods prohibited in the Old Testament.

While many would choose to interpret the Bible that Jesus only drank Grape Juice not fermented or "intoxicating wine", the historical record is very clear that in Biblical Times wine contained approximately 10% alcohol and was not "Grape Juice". True, today's wine has a higher alcohol content due to modern fermentation techniques that historians agree we're not used in the time of Christ. However, drinking enough wine even with a 10% alcohol content can certainly get you buzzed, hence many the passages against drunkenness in the Gospels.

It is likely that the wine was often flavored with various fruits and since it was stored and transported in jars, casks or skins, it had ample opportunity to take on flavors imparted by the vessel being used (much as oak casks flavor modern whiskies). Grape Juice and Vinegar were also used as common beverages, but it is generally agreed that hard liquor akin to modern day liquors with a 40% or more alcohol content were not consumed because the fermentation processes used did not permit distilling such a high "proof" drink. Wine with its alcohol content was almost certainly safer to drink than the water of the day when purification was unknown.

It is interesting to note that while they had no modern medicine, the Mediterranean Diet is almost universally acknowledged to be very healthy and if people today consumed less red meat and hard liquor, but more fish and wine and more fruits and vegetables, we would undoubtedly be healthier. While following the teachings of Jesus will make your spirit healthier following His diet would also make your life a healthier and happier as well! Food for thought.

God Bless!