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During the Daniel Fast, participants **typically avoid:**

**Meat and animal products:** Including beef, poultry, fish, dairy, and eggs.

**Sweeteners:** Such as sugar, honey, and artificial sweeteners.

**Leavened bread and processed foods:** Stick to whole grains and avoid leavened bread.

**Solid fats:** Avoid fried foods and choose healthier fat sources like olive oil.

**Beverages:** Often, participants limit their beverage intake to water and herbal teas.

The emphasis is on consuming fruits, vegetables, legumes, nuts, seeds, and whole grains. The Daniel Fast is not just about dietary restrictions; it also encourages prayer, meditation, and spiritual reflection.

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