

Foods in the Torah

Edible foods mentioned or alluded to in Exodus-Deuteronomy

Mammals

Leviticus 11:3-8; Deuteronomy 14:4-8 -
Mammals can be eaten if it has cloven/split
hooves and chew the cud.

1. Cattle (cows, bulls, and oxen)
2. Sheep
3. Goats
4. Deer
5. Gazelle
6. Roebeek
7. Wild goat
8. Ibex
9. Antelope
10. Mountain sheep

Fish

Leviticus 11:9-12; Deuteronomy 14:9-10 - Fish
can be eaten if it has fins and scales. Here are
some examples:

1. Tuna
2. Salmon
3. Trout
4. Herring
5. Sardines
6. Cod
7. Mackerel
8. Perch
9. Flounder
10. Sole
11. Grouper
12. Snapper
13. Catfish*
14. Carp*
15. Whitefish

*Some interpretative debate

Birds

Leviticus 11:13-19; Deuteronomy 14:12-18 -
Examples of acceptable birds:

1. Chicken
2. Duck
3. Pigeon
4. Dove
5. Quail (Ex. 16:13)
6. Eggs from clean/Kosher birds

Insects

Leviticus 11:20-24, 30, 41-43

1. Locust
2. Katydid
3. Cricket
4. Grasshopper

Fruits & Vegetables

Numbers 11:5, 13:23; Deuteronomy 8:8

1. Grapes
2. Raisins (Num. 6:3)
3. Figs
4. Pomegranates
5. Olives
6. Dates
7. Cucumbers
8. Onions
9. Garlic
10. Leeks
11. Melons

Other Foods

1. Passover Meal (Ex. 12:8-11)
 - Roasted Lamb
 - Unleavened Bread
 - Bitter Herbs
2. Manna (Ex. 16:31; Nu. 11:7)
 - Bread of Heaven - like "coriander seed, white, tasting like wafers made with honey"
3. Olive Oil
4. Wine
5. Salt (Lev. 2:13)
6. Coriander (Ex. 16:31)
7. Honey (Ex. 16:31)
8. Grains
 - Wheat (Ex. 9:32; Lev. 2:14)
 - Barley (Ex. 9:32; Lev. 27:16)
 - Spelt (Ex. 9:32)