

Below is a comprehensive list of biblically clean meats, based on Leviticus 11 and Deuteronomy 14, which outline God's dietary laws. These are the animals that God declares permissible to eat under the Mosaic Law - referred to as "clean." These laws were never revoked by Jesus (see Matthew 5:17–19), and they reflect not only spiritual obedience but also practical wisdom for health and holiness.

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## CLEAN LAND ANIMALS

**Criteria:** Must have a split hoof and chew the cud (Leviticus 11:3)

Animal	Notes
<b>Cattle</b> (e.g., cows, oxen, steers)	Domesticated for meat and milk
<b>Sheep</b>	Lamb and mutton are both clean
<b>Goats</b>	All breeds clean; milk also clean
<b>Deer</b> (e.g., white-tailed, mule deer)	Wild but clean
<b>Elk</b>	Clean member of the deer family
<b>Antelope</b>	Clean, cud-chewing and cloven-hoofed
<b>Reindeer/Caribou</b>	Clean arctic grazers
<b>Gazelle</b>	Mentioned in Deuteronomy 14:5
<b>Ibex</b>	Wild mountain goat, also clean

**! Unclean examples:** Pig, camel, rabbit, horse, dog, ca - these either don't chew the cud or don't have split hooves.

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## CLEAN SEAFOOD

**Criteria:** Must have **fins and scales** (Leviticus 11:9)

Fish	Notes
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<b>Salmon</b>	All varieties (Atlantic, sockeye, etc.)
<b>Tuna</b>	Albacore, yellowfin, bluefin
<b>Cod</b>	Atlantic or Pacific
<b>Trout</b>	Rainbow, lake, brook trout all clean
<b>Halibut</b>	A clean flatfish with scales
<b>Snapper</b>	Red, yellowtail
<b>Sardines</b>	Small, oily but clean
<b>Bass</b>	Striped, largemouth
<b>Perch</b>	Common clean freshwater fish
<b>Mackerel</b>	Clean despite being oily

**! Unclean examples:** Shellfish (shrimp, crab, lobster, oysters), catfish (no scales), eel, shark (no scales), and all aquatic scavengers.

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## **CLEAN BIRDS**

**Criteria:** Birds not named among the unclean scavengers or birds of prey (Leviticus 11:13–19)

<b>Bird</b>	<b>Notes</b>
<b>Chicken</b>	Domesticated and widely consumed
<b>Turkey</b>	Clean though not explicitly named
<b>Dove</b>	Sacrificial bird, symbol of peace
<b>Pigeon</b>	Common in temple sacrifices
<b>Quail</b>	Provided by God in the wilderness
<b>Goose</b>	Generally considered clean by criteria
<b>Duck</b>	Acceptable to many Torah observers
<b>Guinea fowl</b>	Domesticated and clean by behavior

! **Unclean examples:** Eagle, vulture, hawk, raven, owl, seagull, heron, bat - mainly predators or scavengers.

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## **CLEAN INSECTS (Yes, Really)**

**Criteria:** Flying insects with jointed legs for hopping (Leviticus 11:21–22)

<b>Insect</b>	<b>Notes</b>
<b>Locusts</b>	John the Baptist's wilderness diet (Matthew 3:4)
<b>Crickets</b>	Technically clean under law
<b>Grasshopper</b>	Common food source in the Middle East

! **Unclean examples:** All other insects, spiders, worms, etc.

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## **ADDITIONAL NOTES**

### **Blood & Fat Prohibited**

Even with clean animals, **blood and certain fats are forbidden:**

- "You shall not eat any blood." (Leviticus 17:10)
- Fat from animals offered to God (like suet) was also reserved or restricted.

### **Roadkill and Disease**

Clean animals must be slaughtered properly:

- Animals that die of themselves or are torn by beasts are unclean to eat (Exodus 22:31, Leviticus 17:15).
  - Slaughter must involve draining the blood, not strangling (Acts 15:20).
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## **Summary by Category:**

### **CLEAN**

- **Land animals:** Cow, sheep, goat, deer, elk, antelope
- **Seafood:** Any fish with both fins and scales
- **Birds:** Chicken, turkey, dove, pigeon, quail
- **Insects:** Locusts, grasshoppers, crickets

### **UNCLEAN**

- **Land:** Pig, rabbit, horse, dog, cat
- **Seafood:** Shellfish, catfish, shark, eel
- **Birds:** Vultures, raptors, scavengers
- **Insects:** All other insects
- **Other:** Reptiles, amphibians, rodents