

# Breaking Your Fast

(By [Bill Bright, Campus Crusade for Christ](#))

When your designated time for fasting is finished, you will begin to eat again. But how you break your fast is extremely important for your physical and spiritual well-being.

## End Your Fast Gradually

Begin eating gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid food to your stomach and digestive tract will likely have negative, even dangerous, consequences. Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

Here are some suggestions to help you end your fast properly:

- Break an extended water fast with fruit such as watermelon.
- While continuing to drink fruit or vegetable juices, add the following:  
First day: Add a raw salad.  
Second day: Add baked or boiled potato, no butter or seasoning.  
Third day: Add a steamed vegetable.  
Thereafter: Begin to reintroduce your normal diet.
- Gradually return to regular eating with several small snacks during the first few days. Start with a little soup and fresh fruit such as watermelon and cantaloupe. Advance to a few tablespoons of solid foods such as raw fruits and vegetables or a raw salad and baked potato.