



## How to Eat Like Plain Peoples

Adherents to the Amish and Mennonite traditions are often referred to as "Plain People" because of their simple lifestyle and dress. The Amish diet is not low-carb or low-fat. It resembles the pre-World War II rural diet. It includes meat, potatoes, gravy, eggs, vegetables, bread, pies, cakes and is quite high in fat and refined sugar. The diet is balanced with a high physical activity level. This is more typical of marathon training or other endurance sport training, where carbohydrates are considered fuel rather than shunned. Amish communities rarely snack between meals and have limited access to fast food. Eating hearty meals every day but being as physically active as are typical members of Amish farm families.

### Steps

- 1 Grow your own fruits and vegetables.** Amish eat a lot of fresh foods in the growing and harvest months. Sweet corn, celery, beets, carrots, potatoes, tomatoes, peas, and a wide variety of other vegetables are grown in the typical Amish garden. Amish may have fruit trees or grapevines on their property as well.
- 2 Can fruits and vegetables for the winter.**
- 3 Fill up the freezer.** Depending on the level of technology permitted in a congregation, Amish may freeze large quantities of food, particularly meat.
- 4 Raise your own livestock.** Many Amish have laying hens which produce a steady stream of eggs. Chickens may be slaughtered for meat. Other Amish may raise pigs for the same purposes. Amish dairies provide farm families a steady supply of milk and dairy goods, though even families without a dairy may have a "family cow". Amish often drink milk raw, and claim that it has health benefits, though selling raw milk to the public has been controversial in some states.
- 5 Get a hunting permit.** Deer and other animals killed while hunting serve as food sources for the family as well.

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### Tips

- Simplicity and living off the land are the key components of an Amish diet.

### Warnings

- This diet is intended to fuel heavy farm labor. If you are primarily sedentary, you can expect to gain weight on it.

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