Seventh-day Adventists are to be represented to the world by the advanced principles of health reform which God has given us. Ellen White: Health and Healing, page 4, paragraph 3. One of the highest attainments in the Christian life is control of appetite and without this victory, all hope of heaven is lost. James White: Christian Temperance and Bible Hygiene, p.206.

Adventist claim that Ellen G. White (EGW) was ahead of her time with her health reform messages. They also claim because what she proclaimed about health, science has proven her correct. Adventists believe she was a prophet and re James Caleb Jackson (March 28, 1811 – July 11, 1895) was the inventor of the first dry, whole grain breakfast cereal which he called granula. His views influenced the health reforms of Ellen G. White, one of the founders of the Seventh-day Adventist Church. Jackson was born in Manlius, Onondaga County, New York.
After completing his education at Chittenango polytechnic institute, he worked as a farmer until 1838. During his early life, Jackson was active as an abolitionist. He lectured for the Together, James and Ellen White built the Seventh-day Adventist church, James serving as organizer and entrepreneur, Ellen as exhorter and visionary. John Harvey Kellogg, who became the leading force in Adventist health reform, developed several new food products, among them ready-to-eat dry cereals. His brother, Will Kellogg, established the company that created a mass market for this new way of eating breakfast. Notable exceptions include Richard W. Schwarz's John Harvey Kellogg, M. D. (Nashville, Tenn., 1970), which unfortunately lacks the documentation found in the doctoral dissertation upon which it is based; Ronald L. Numbers's Prophetess of Health: Ellen G. White and the Origins of Seventh-day Adventist Health Reform, rev. ed.