

— Since 1973 —

ROBERTS

HEALTH FOODS

Supplements & Services

— “The Good Health People” —

PROTEINS - MEATS

- Beef-** Ground beef (90% lean or leaner),
filet, sirloin steak, round & flank
- Chicken-** Fresh or frozen chicken breast,
chicken breast tenderloins,
ground white meat chicken
- Seafood-** Salmon, cod, tuna, whiting, sea
bass, snapper, etc. (not fried)
- Turkey-** Ground turkey (90% lean or leaner),
turkey bacon
- Protein Powder-** Try not to get artificial
flavor, color or sugar

No Hormones or Antibiotics in Meats
No Lunch or Deli Meats w/ Nitrates
No Processed Meats or Foods

NON-STARCHY VEGETABLES

- Artichoke
Asparagus
Bamboo Shoots or Water Chestnuts
Cabbage
Carrots
Cauliflower/ Broccoli
Celery
Cucumber
Green Beans
Lettuce (All varieties except head lettuce)
Mushrooms
Onions, Scallions, Shallots
Peppers (all varieties)
Radish
Spinach
Sprouts
Squash & Zucchini
Leafy greens (chard, kale, collard)

Arthritis - Try avoiding night shades
ie: tomato, potato, peppers, eggplant

FRUITS

- Apples
Apricots
Banana
Blueberries
Cantaloupe
Cherries
Cranberries
Fresh Peaches
Goji Berries
Grapes
Grapefruit
Plums & Prunes
Pineapple
Raspberries
Strawberries
Kiwi
Mangoes
Oranges
Papaya
Pears

COMPLEX CARBOHYDRATES

- Amaranth
Beans-Black, Lima and Kidney
Brown Rice
Buckwheat
Edamame
High fiber English muffins
High fiber pancake mix
Millet
Oat bran
Oatmeal & cream of rice
Quinoa
Red potatoes
Sweet potatoes or yams
White potatoes - limited and baked
Wild Rice

FATS

- Avocados
Almonds
Cashews
Almond Butter or Cashew Butter
Coconut Oil
EFA oils
Flaxseed Oil
Hemp Oil
Olive Oil
Oil & Vinegar dressing
Peanut Butter w/ no hydrogenated oil
Pumpkin Seeds
Safflower Oil
Sunflower Seeds
Walnuts

CONDIMENTS

- Vinegar-apple cider raw
and unfiltered
Lemon Juice
Lime Juice
Mustard
Citrus Peel
Chili Pepper
Dry Seasoning
Pepper
Salsa

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BEVERAGES

Drink Water
64 ounces - 1 gallon a day.

NO

Bottled juices
Coffee
Tea (i.e Lipton teas)
Soda
Flavored water with artificial flavor,
color or sugars

(Caffeine Dehydrates)

No Artificial Flavors

No Artificial Colors

No Artificial Sugars: i.e.

Acesulfame potassium or K
Nutra Sweet
Saccharin
Splenda
Sucralose

No Partly or Hydrogenated Oils

No High Fructose Corn Syrup

No Nitrates or Chemicals

No Lunch or Deli Meats

No Processed Meats or Foods

NO DAIRY

Including...

Milk
Cheese
Yogurt
Whip cream
Half and half
Ice cream
Sour cream
Cottage cheese
Cream cheese

Alternative SWEETENERS

Agave
Erythritol
Luo Han
Stevia
Xylitol

} Low Glycemic

Beet Sugar
Honey (Local & Raw)

SUGARS

(white or processed) can
increase problems with:

Candida
Yeast
Fungus
Bacteria
Parasites
Cancer
Fibromyalgia