

The European project **FOOD**
(Fighting Obesity through Offer and Demand)
certifies that the restaurant

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is part of the **FOOD** network and makes the commitment to apply the following national recommendations of the **FOOD** program for the improvement of its clients nutrition.

- Fruits** as dessert and **vegetables** on the side
- Whole bread** on table
- No salt** on table
- Poultry** or **white meat** on the menu
- Fish** on the menu
- Tapwater** on demand
- Olive oil** in place of butter with bread
- Dairy product** as dessert
- Dry fruits** or **crudenesses** as apetzizers
- Oven, steamed** or **grilled** dishes

CERTIFICATE

The FOOD National Coordinator *The Restaurant Owner*

