

Recommendations for Restaurants

1. Prefer cooking methods such as steam, oven, or grill;
2. Have jugs of water available;
3. Provide vegetable soup;
4. Provide mini dishes;
5. Don't have salt on the table, only provide if asked for;
6. Provide vegetables (raw or cooked) and beans, as an accompaniment;
7. Offer brown bread or whole grain;
8. Provide fish and white meat dishes;
9. Provide the usage of seasonal and national products and its promotion;
10. Include fresh fruit in the "Menu of the Day" as an alternative to a sweet dessert;
11. Use herbs as a salt substitute;
12. Use olive oil as the main fat for cooking, starters and accompaniments.