

# How to order food at a restaurant?

1. Choose a good restaurant.
2. Visit the restaurant website and look at the menu.
3. Have a plan in place for ordering.
4. Ask for water, sparkling water, tea or black coffee.
5. Ask and avoid: deep-fried food.
6. Ask and avoid: breading.
7. Ask and avoid: sauces on food.
8. Ask for vegetables preferably steamed, raw and roasted.
9. Ask for an olive oil-based dressing on the side.
10. Try to avoid starch at restaurants because of extra additives. If necessary, use plain baked potato.
11. Thank your server for the accommodations!