

Avanti Natural Healthy Dining Guide 2015

Healthy Fats & Oils: Extra virgin olive oil, grapeseed, rice bran, coconut, safflower, sunflower, sesame, peanut

Healthier Comfort Foods: Guacamole, baked sweet potato fries, calimari, pasta w/ red sauce, baked chips & salsa

Weight Control Spices: Cayenne & other HOT chilies, mustard & mustard seed, ginger, black pepper, cinnamon

The Dirty Dozen Plus [*foods to Always buy Organic*]: apples, strawberries, grapes, celery, peaches, spinach, sweet & hot peppers, blueberries, nectarines, cucumbers, cherry tomatoes, snap peas, potatoes

The Clean 15: Avocados, sweet corn, pineapples, cabbage, sweet peas, onions, asparagus, mangoes, papayas, kiwi, eggplant, grapefruit, cantaloupe, cauliflower, yams

Sustainable Seafood [*complete list at seafoodwatch.org*] Alaskan wild salmon, clams, mussels, oysters, US catfish, US line caught halibut, Pacific sardines, US troll yellow fin tuna, farmed scallops, Alaska & Canada spot prawn

Humanely Raised Meat & Poultry: 100% grass-fed, pasture raised, certified organic, free range, humane certified

Eggs & Dairy: Always organic, carrageenan free

Gluten Foods: Wheat, barely, oats [unless labeled gluten free], pasta, semolina, kamut, couscous, faro, spelt, matzo

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Healthy & Gluten Free Grains: Amaranth, buckwheat, millet, quinoa, brown rice, soy

GMO Produce: Feed corn, filler corn, soybeans, radicchio, zucchini, yellow squash, sugar beets, papaya, hormone treated milk NOTE: All organic foods are GMO free

Healthy Pastas: Pasta w/ marinara sauce [cheese on the side], traditional Italian pesto, puttanesca, pasta alla arrabiata, pasta alla Norma, primavera, tortellini en brodo

Restaurant Etiquette: When a restaurant is full, understand that it will take longer to place and receive your orders. Order drinks & appetizers to start. Give your hardworking serving a chance to catch up.

Tipping: The easy calculation is 20% or twice the tax rounded up. If you have an issue w/ service, do talk to your server, but avoid punishing them by withholding tips.

Sending Food Back: If you were served something you didn't order, or if it wasn't cooked properly, talk to your server. Sending food back because you don't care for the flavor of the dish is poor restaurant etiquette.

Sources: Environmental Working Group [EWG], Dr. Andrew Weil, Raw for Beauty, seafoodwatch.org, humaneitarian.org, health-line.com, nongmoproject.org, etiquette.about.com

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