

## **Chef Guide**

At Healthy Food Now, we are passionate about food that is delicious and super healthy, as well as helping you to grow your business. We will help you to expand at no cost to you by:

- Listing your business in its directory
- Allowing potential customers looking for nearby healthy food choices to find your business
- Offering details of conforming dishes on your menu and other promotional messages you wish to provide
- Hosting reviews of consumers who have visited your restaurant and wish to post a review and a rating (similar to YELP).

In order to provide support in growing your business, you must have at least 6 dishes on your menu that comply with our standards which include:

- Meals should pack as many micronutrients (vitamins, minerals, and phytochemicals) as possible, while accounting for fewer calories.
- Meals should have a high nutrient density heavily based in leafy greens, beans, onions, mushrooms, fruits, seeds and nuts.
- Any grains used should be 100% unrefined whole grains, which contain important nutrients that are lost when grains are refined.
- No salt, sugar or high fructose corn syrup should ever be used which includes salted nuts.
- The use of oil should be limited to no more than one teaspoon per serving because oil is high in calories and low in nutrients.
- Little to no animal proteins or products, like dairy, cheese or butter, should be used because they have low micronutrients (the kind of nutrients found in fruits and vegetables, nuts and seeds) to calories
- When possible use organic, Non-GMO ingredients, no artificial foods with chemical sweetener, no processed foods and food with no preservatives.
- Food should never be cooked in oil at high heat; never should there be any char, burnt or overly dark sections. Cooking this way adds carcinogens to the food.
- Feel free to use your discretion when using herbs and spices.