

Do You Have A Favourite Restaurant?

The Festive Season is over for another year. If you are like many people, you probably had more to eat and drink than usual! However those memories have now faded and you may again be starting to wonder about enjoying great food and company at a favourite restaurant.

Which brings me to our special offer. Dalia and I would like to say "thank you" for your support over the last 12 months and have arranged for you to enjoy a complimentary main course up to the value of \$30 at our favourite local Chinese restaurant.

We love their food. It tastes great, is definitely healthy and the servings are generous. They know what we like and more importantly, they know to avoid MSG and other unwanted chemicals found in most bottled sauces.

So if you are not eating at our great restaurant, what can you do if you are eating out?

Here are a few tips:

- Assume nothing. A few weeks ago we went to a Chinese restaurant in the country. Our fish and vegetables looked great, but tasting the food was another matter. MSG and heaps of sugar had been added!
- Ring the restaurant in advance and find out if they will cater to your needs. For example these days one per cent of Australians have celiac disease, an allergy to gluten in wheat, oats, rye and barley. Most chefs will happily cater when given advance notice.
- Minimise oil, sugar and fried foods. Choose items on the menu which are grilled, steamed, stir fried, baked or salads so that your digestive system can join in the celebrations.

Have a great 2010,

Dr Pete

P.S. Ring Dalia on 9885 7766 and she will send you a voucher for Tong Lok Chinese Restaurant at 260 High Street, Ashburton. The vouchers are valid until the end of March 2010.