

Appendix
Reduced-Item Food Audits Based on the Nutrition Environment Measures Surveys
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NUTRITION ENVIRONMENT MEASURES SURVEY (NEMS) STORE MEASURES

SURVEY INSTRUCTIONS

These measures are designed to rate the nutrition environments of grocery and convenience stores. There are other establishments that may offer food products to purchase that fall into an exclusions category (see below) and may be enumerated but not necessarily rated. However, based on your survey purposes, you may decide to set different exclusion criteria.

Exclusions

Establishments that are not open to the general public, or those where you have to pay a charge just to enter. Establishments that sell a limited variety of food and are not mainly food or convenience stores.

- Sam's Club
- Costco
- Drug stores (CVS, Walgreen's, etc.)

Instructions

The basic principle of these measures is to gather information on comparable items across stores and types of food, so when possible, rate items within the same brand or exactly as specified.

Layout

The majority of the measures have a similar layout.

1. There are "healthier" and "regular" options listed. The healthier option is always listed first.
2. Bold thick lines divide the healthier and regular options.
3. For the measures that have healthier and regular options, the preferred item, which is the item that you would ideally like to rate if it is available, is listed first. The preferred item is followed by alternate items that are in shaded grey boxes.
4. For the milk and frozen dinner measures, there is a section titled "Reference Brand". This refers to the brand name of the food items that will be rated.
5. There is a Measure Complete box at the top right of each page for you to mark when you have completed a measure.

Time

1. Complete grocery store measures between 9 am and 4 pm. (This helps to ensure that items have been stocked for the day and are not sold out.)
2. Complete convenience store measures before 4:30 pm or after 6 pm. (This helps to ensure that you are not in the way during a busy time as these stores are small.)

Availability

1. Before recording any information, first look for the preferred healthier item and the comparable regular item of the same brand.
2. If only one is available, look for the first healthier alternate listed to see if a comparison within the same brand is possible.

3. Once a comparable pair is identified, record the information. You may choose to include recording the information for the one item that is available, in addition to the alternate comparable pair information. If so, write in comments “no comparable pair”.
4. If a comparable pair cannot be found, record a healthier and regular item that are as similar as possible.
 - ❖ If an item is sold out, write “sold out” in the Comments section and record any available information. Continue down the list until an item is available or the list has been exhausted.

Pricing

1. If price is not available, ask an employee at the cash register or at customer service. Wait until all of the measures have been completed before asking the price of the items that are needed. There may be exceptions to this (i.e., you are in the produce section and there is no price shown but an employee is working there), so use your judgment.
2. Do not use a sale price unless it is the only price posted and write “sale price” in comments.

Preparation

At the top of each page, fill in the following:

- ❖ Rater ID
- ❖ Store ID
- ❖ Type of store (Grocery, Convenience or Other)
“Other” would be specialty stores such as meat markets, green grocers, health stores, etc.
- ❖ Date

Cover Page

On the cover page, fill in the following:

- ❖ Start time (when you enter the store)
- ❖ End time (when you have finished the measures and reviewed them for completeness)
- ❖ Number of cash registers in the store (including any at the pharmacy or customer service).
Each checkout register should be counted, even if a clerk is not there at the time of your visit. For stores that have a self checkout area, include only the cash register(s) serving the self checkout stations.

General Completion Tips

Remember to follow the tips below to decrease the data cleaning time later.

1. Write legibly.
2. Check your work.
3. Use the correct line/bubble.

For Those Whose Forms will be Scanned

The surveys will be scanned on a machine that is very picky, so please remember to do the following:

1. **Darken** your circles once you are sure of the answer.
2. Press down when writing letters or numbers so they are legible and dark.
3. Write your comments and notes on the lines provided.
4. Do not cross through any individual items or sections.
5. Erase any stray marks you make.

Measure #1: MILK

Milk Definitions

- a. Low-fat milk – skim/fat-free and 1%
- b. Reduced fat milk – 2%
- c. Whole milk – full fat (3.25%)

Measurement Procedures

1. Find the milk aisle in the store.
2. Look for the store brand as it is the preferred brand. If **available**, mark “yes”.

Store brand (preferred) Yes No

3. If there is no store brand, mark “no” and look for the brand with the most shelf space. If there is equal shelf space for different brands, select the one that has a brand name closest to the beginning of the alphabet (e.g., Foremost instead of Parmalat). Write the name of the brand in the space provided. This brand is now the reference brand for this measure since the store brand was not available.

Alternate Brand Name:

4. Using the reference brand, look for low-fat milk (skim or 1%). If **available**, mark “yes” and then mark “N/A” for the 2% available question.
5. If low-fat milk is not available, mark “no” and look for 2%. Mark whether or not it is available.
6. **Shelf space:** Complete **only** if low-fat milk is available. Count and record the **number** of columns of each requested milk item (pint of skim, quart of skim, etc.) for the reference brand. Count only columns that have (any) milk there, but not empty slots where it may need to be restocked. If there are none of a particular item, write “0” in the box.

Shelf space:	Pint	Quart	Half gallon	Gallon
a. Skim	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>
b. 1%	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>

7. Record the **price** of a quart and a half-gallon of whole milk of the reference brand.
 - ❖ If the reference brand does not have milk available in the quart or half-gallon size, select another brand similar in price and write its name in comments.
8. Continuing to use the reference brand, record the price of a quart and a half-gallon of the lowest fat milk available (meaning choose skim milk first; if not available, choose 1%). Mark “N/A” for the alternate items.
9. If there is no low-fat milk available, record the price of a quart and a half-gallon of 2% of the reference brand.

Measure #2: FRUIT

Measurement Procedures

Produce Item	Available		Price	#	Unit		Quality		Comments
	Yes	No			pc	lb	A	UA	
1. Bananas	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
2. Apples	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
<input type="radio"/> Red delicious <input type="radio"/> _____	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____

1. Find the produce department in the store.
2. Look for the fruit listed. If it is **available**, mark the bubble next to it.
3. If it is not available and there is a line below it for an alternate item, look for the cheapest similar alternate. Write it down and mark the bubble next to it. For example, if there are no Red delicious apples and Gala apples are the cheapest alternate, write “Gala” on the line below “Red delicious”.
4. If the fruit or alternate is available, mark “yes”. If it is not available, mark “no”. If the item is sold out, write “sold out” in comments and record the available information.
 - ❖ If the fruit is only available as pre-sliced and in a container, still mark “yes” for available and write “pre-cut in container” and any size information in comments.
 - ❖ If the fruit is available but mixed with other fruit in a container, mark “no” for available but note the fruit cup contents, price and size in comments.
5. Record the regular **price** of the fruit. If it is on sale and the regular price is not posted, see if it can be calculated based on the sale price label (i.e., add the sales price and the “you save” price) and record it. If the regular price cannot to be calculated based on the sale price label, just record the sale price.
 - ❖ Always choose the pound to price if there is an option.
6. Write the **quantity (#)** of the fruit that is listed **for the price**. For example, if the sign says 2 for \$1.00, write “2” for the quantity. If the sign says 3 lbs for 99¢, write “3” for the quantity.
 - ❖ If the fruit is not loose but packaged (e.g., pint or container), count the quantity as “1” and write the quantity of the package in comments.
7. Indicate if the price of the fruit is calculated by the piece or pound by marking “pc” or “lb”. For example, if the sign says 2 for \$1.00, mark “pc” for piece. If the sign says 3 lbs for 99¢, mark “lb” for pound.
 - ❖ If packaging is other than pc/lb (e.g., per pint or bunch), mark “pc” and note under comments.

Measure #2: FRUIT (cont.)

8. Record the **quality** of the item by marking “A” for acceptable or “UA” for unacceptable.
 - ❖ Acceptable = peak condition, top quality, good color, fresh, firm and clean
 - ❖ Unacceptable = bruised, old looking, mushy, dry, overripe, dark sunken spots in irregular patches or cracked or broken surfaces, signs of shriveling, mold or excessive softening
 - ❖ The rating is based on the majority (>50%) of fruits. If it seems difficult to decide whether to mark “A” or “UA”, mark “UA” and describe in comments.

9. After completing the information for the 10 fruit items, count the number that are marked “yes” under available and record the total.

11. Total Types: (Count # of yes responses)

Measure #3: VEGETABLES

Measurement Procedures

Produce Item	Available		Price	#	Unit		Quality		Comments
	Yes	No			pc	lb	A	UA	
1. Carrots <input type="radio"/> 1 lb bag <input type="radio"/> _____	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

1. Find the produce department in the store.
2. Look for the vegetables listed. If it is **available**, mark the bubble next to it.
3. If it is not available and there is a line below it for an alternate item, look for a similar alternate. Write it down and mark the bubble next to it. For example, if there are no 1 lb bags of whole carrots but there are 2 lb bags, write “2 lb bag” on the line below “1 lb bag”.
 - ❖ For carrots, look for whole carrots. Only select baby or pre-cut carrots as a last resort and make a note in comments.
 - ❖ For tomatoes, look for the least expensive loose tomatoes (regular size) first. If not available, look for tomatoes packaged. Choose tomatoes on the vine or cherry tomatoes as a last resort and make a note in comments.
4. If the vegetable or alternate is available, mark “yes”. If it is not available, mark “no”. If the item is sold out, write “sold out” in comments and record the available information.
 - ❖ If the vegetable is only available as pre-sliced and in a container, still mark “yes” for available and write “pre-cut in container” and any size information in comments.
 - ❖ If the vegetable is available but mixed with other veggies in a container, mark “no” for available but note the veggie contents, price and size in comments.
5. Record the regular **price** of the vegetable. If it is on sale and the regular price is not posted, see if it can be calculated based on the sale price label (i.e., add the sales price and the “you save” price) and record it. If the regular price cannot to be calculated based on the sale price label, just record the sale price.
 - ❖ If the vegetable is not specifically listed as packaged (e.g., corn or celery) but is sold as packaged or loose, record the price of the one that is cheapest.
6. Write the **quantity (#)** of the item that is listed **for the price**. For example, if the sign says 2 for \$1.00, write “2” for the quantity. If the sign says 3 lbs for 99¢, write “3” for the quantity.
 - ❖ If the item is sold by the package (e.g., corn), count the quantity as “1” and write the number of the item included in the package in comments (e.g., 3 in package).
 - ❖ Always choose the pound to price if there is an option.
7. Indicate if the price of the item is by the piece or pound by marking “pc” or “lb”. For example, if the sign says 2 for \$1.00, mark “pc” for piece. If the sign says 3 lbs for 99¢, mark “lb” for pound.
 - ❖ If packaging is other than pc/lb (e.g., per pint or bunch), mark “pc” and note in comments.
 - ❖ If an item is packaged and its size is listed in pounds or equal to a pound, mark “lb” for pound.

Measure #3: VEGETABLES (cont.)

8. Record the **quality** of the item by marking “A” for acceptable or “UA” for unacceptable.
 - ❖ Acceptable = peak condition, top quality, good color, fresh, firm and clean
 - ❖ Unacceptable = bruised, old looking, mushy, dry, overripe, dark sunken spots in irregular patches or cracked or broken surfaces, signs of shriveling, mold or excessive softening
 - ❖ The rating is based on the majority (>50%) of fruits. If it seems difficult to decide whether to mark “A” or “UA”, mark “UA” and describe in comments.
9. After completing the information for the 10 vegetable items, count the number that are marked “yes” under available and record the total.

11. Total Types: (Count # of yes responses)

<input type="text"/>	<input type="text"/>
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Measure #4: GROUND BEEF

Ground Beef Definitions:

- a. Lean ground beef: $\geq 90\%$ lean, $\leq 10\%$ fat
- b. Standard ground beef: 80% lean, 20% fat

Measurement Procedures

Item	Available			Price/lb.	Comments
	Yes	No	N/A		
Healthier option:					
1. Lean ground beef, 90%lean,	<input type="radio"/>	<input type="radio"/>		\$ <input type="text"/> . <input type="text"/> <input type="text"/>	_____

1. Find the fresh meat case in the store. If the store does not sell prepackaged meat, go to the butcher's case to look for ground beef.
2. Identify the brand of ground beef that occupies the most shelf space and for which there are both lean and regular options. Note that lean ground beef may be labeled "ground sirloin", but the label should indicate the % fat.
3. For the healthier option, locate the lean ground beef with 10% fat. If **available**, mark yes. Choose the package of lean ground beef closest to one pound. Record the **price per lb** listed and **not** the actual price of the package of meat (i.e., the label should have a price/lb and price. Record the price/lb.). Mark "N/A" for the alternate items.
 - ❖ In general, if only organic ground beef is available, look for an alternate. However, if alternates are not labeled and staff doesn't know % fat, go with the organic and write "organic" in comments.
4. If no lean ground beef with 10 % fat is available, mark "no" and look for lean ground beef with <10% fat. If available, write in the % fat (e.g., 7), mark "yes" and record the price per lb listed. Mark "N/A" for the remaining alternate item.
5. If no lean ground beef is available, look for ground turkey ($\leq 10\%$ fat). If available, write in the % fat, mark "yes" and record the price per lb listed.
6. Count and record the **number of varieties** of lean ground beef available, which includes both different brands and variety of % fat (e.g., 10%, 7%, 3%, etc.). Include any organic varieties as well.

of varieties of lean ground beef ($\leq 10\%$ fat) 0 1-2 3-4 4-5 6+

7. For the regular option, locate the standard ground beef with 20% fat. Repeat steps 3-4.

Measure #5: HOT DOGS

Hot Dog Definitions (Fat gram definitions are based on Oscar Mayer brand hot dogs.)

- a. Regular (≥ 12 g fat/serving)
 - i. Wiener – Mixed meat source
 - ii. Frank – All beef
- b. Light (≤ 7 g fat/serving)
 - i. Wiener – Mixed meat source
 - ii. Frank – All beef
- c. Fat-free Wiener– (0 g fat/serving)
- d. Turkey – (≤ 8 g fat/serving)

Measurement Procedures

Item	Available			Price/pkg	Comments
	Yes	No	N/A		
Healthier option:					
1. Oscar Mayer 98% Fat-free Wieners	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$ <input style="width: 20px; border: 1px solid black;" type="text"/> . <input style="width: 20px; border: 1px solid black;" type="text"/>	

1. Find the hot dogs in the prepared meats section in the store.
2. For the healthier option, locate Oscar Mayer 98% Fat-free wieners regular size. If **available**, mark “yes” and record the **price**. Mark “N/A” for the alternate items.
 - ❖ If only jumbo size is available, go to the first alternate item and look for regular size. Jumbo should be selected only if no other alternate in regular size is available. If jumbo is selected, complete information under “Other” and write “jumbo” in comments.
3. If Oscar Mayer 98% Fat-free wieners are not available, mark “no” and look for an alternate brand of fat-free wieners. Write down the brand name. If available, mark “yes” and record the price. Mark “N/A” for the remaining alternate items.
4. If no alternate fat-free variety is available, mark “no” and continue down the alternate list until an item is available or the list is exhausted.
 - ❖ Note that an alternate “Other” item does **not** include soy-based hotdogs, bratwurst or other hotdog-like products.
5. For the regular option, look for Oscar Mayer wieners (turkey/pork/chicken). If available, mark “yes”, record the price, and mark “NA” for the alternates.
6. If Oscar Mayer wieners are not available, mark “no” and continue down the alternate list until an item is available or the list is exhausted.

Measure #6: FROZEN DINNER

Frozen Dinner Definitions:

- a. Reduced-fat frozen dinner = ≤ 9 g fat/serving (8-11 oz. package)
- b. Regular frozen dinner = ≥ 10 g fat/serving (8-11 oz. package)

Measurement Procedures

1. Find the frozen dinners in the frozen food case.
2. Look for Stouffer's® brand of frozen meals as the reference brand. If **available**, mark "yes".
3. If not available, mark "no" and choose another brand that has both regular and reduced-fat entrees. Write the name of the brand in the space provided.

Alternate brand (with reduced-fat dinners available)

Brand Name:

4. Indicate whether reduced-fat frozen dinners (Stouffer's Lean Cuisine® or other) are available by marking "yes" or "no".
5. Estimate the **proportion** of the reduced-fat compared to regular frozen dinners only for Stouffer's® or the alternate brand selected and mark either $\leq 10\%$, 11-33%, 34-50%, or 51%+. If there is only a reduced-fat option of a particular brand and not a regular version (e.g., Healthy Choice), estimate the proportion of the reduced-fat dinners compared to the regular across all brands.

Reduced-fat dinners/regular dinners: Proportion $\leq 10\%$ 11-33% 34-50% 51%+

6. Look for Lean Cuisine® and Stouffer's® Lasagna, Roast Turkey Breast and Meatloaf frozen dinners. If a pair is **available**, write the **price**, **ounces (oz)**, total **calories (Kcal)** and grams of **fat (g fat)**. If ounces or grams of fat is not a whole number, round up or down accordingly (e.g., if $9 \frac{5}{8}$ oz, write "10").

Reduced Fat Dinner	Price/Pkg	Regular Dinner	Price/Pkg
Lean Cuisine Lasagna	\$ <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/>	Stouffer's Lasagna	\$ <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/>
<input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> oz. <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> Kcal. <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> g fat		<input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> oz. <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> Kcal. <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> g fat	

7. If only one of the regular or reduced-fat entrées is available or neither is available, look for an alternate pair of similar entrees to rate. Write the main item of the entrée on the line provided (e.g., chicken or meatballs) and record the price, ounces, total calories and grams of fat.
 - ❖ If there is no brand of reduced-fat frozen dinners, look at the nutritional information to see if any frozen dinners qualify as reduced fat (≤ 9 g fat). Pizza does not count.
 - ❖ If there is a limited selection and no alternate pairs available, just record the information on what is available.

Reduced Fat Alternate (≤ 9 g fat)	Regular Alternate (≥ 10 g fat)
Other _____ \$ <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/>	Other _____ \$ <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/>

Measure #7: BAKED GOODS

Baked Goods Definitions

- a. Healthier items
 - i. Fat-free = 0 g fat/serving
 - ii. Low-fat = ≤ 3 g fat/serving
- b. Regular item: energy dense = >400 kcal/portion or >3 g fat/portion

Measurement Procedures

Item	Available		Amt. per package	g fat/ per item	kcal/ per item	Price	Comment
	Yes	No					
Healthier option:							
Bagel							
Single	<input type="radio"/>	<input type="radio"/>	<input style="width: 20px; height: 15px;" type="text"/>	<input style="width: 20px; height: 15px;" type="text"/>	<input style="width: 20px; height: 15px;" type="text"/>	\$ <input style="width: 20px; height: 15px;" type="text"/>	<input style="width: 100px; height: 15px;" type="text"/>

1. Find the baked goods/pastries section in the store.
2. For the healthier option, locate the individually sold bagels. Choose a plain bagel to rate if possible. If **available**, mark “yes” and record the grams of **fat** and **calories** listed per bagel and the **price**. If grams of fat is not a whole number, round up or down accordingly (e.g., if 3.5 grams, write “4”). Mark “N/A” for the alternate items.
 - ❖ If an item does not have nutritional information, just record the price.
3. If individual bagels are not available, mark “no” and look for the smallest package of bagels. If available, mark “yes” and record the amount of bagels in the package, the grams of fat and calories listed per bagel, and the price.
 - ❖ For all of the baked goods, if more than one brand is available, use the brand that has the most shelf space of that item. If there are brands with equal shelf space, choose the brand with the name closest to the beginning of the alphabet.
4. If a package of bagels is not available, mark “no and continue down the list of alternates until an item is available or the list is exhausted.
 - ❖ If the alternate item is low-fat muffin:
 - **For grocery stores**, look for a pack of 4 low-fat muffins. If no 4 pack of low-fat muffins is available, choose the 6 pack. If no 6 pack is available, choose a smaller package. If regular and jumbo size muffins are available, choose the regular size. If only jumbo size muffins are available, write “jumbo” in comments.
 - **For convenience stores**, look for individually sold items (muffin and danish) first before packaged items. However, if the single muffins do not have nutritional information and a packaged one does, choose the packaged muffins.
 - ❖ Recording the nutritional information can be tricky as the serving size may not be equal to the entire item (e.g., the serving size may be only $\frac{1}{2}$ of the muffin). Be sure to calculate the nutritional information for the entire item.

5. If the low-fat muffin is the available item for the healthier option of the Baked Goods, count and record the **number of varieties** of low-fat muffins which includes both different brands and flavors (blueberry, banana nut, etc.).

Measure #7: BAKED GOODS (cont.)

6. For the regular option, look for a regular muffin. Follow the same procedures as for low-fat muffins. If available, mark “yes” and record the amount in a package, grams of fat per muffin, total calories per muffin and price. Mark “NA” for the alternate items.
7. If a regular muffin is unavailable, mark “no” and continue down the list of alternates.

Measure # 8-CS: BEVERAGE—CONVENIENCE STORES

Beverage Definitions

- a. Diet soda - 0 kcal
- b. Sugared soda – Regular
- c. 100% juice – Natural fruit juice with no added sugars. Container must say 100% fruit juice on label.
- d. Juice drink – Fruit juice with added sugar and water

Measurement Procedures

Soda	Available	Price	Comments
Healthier option:			
Diet Coke	12 oz. <input type="radio"/> <input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	_____
	20 oz. <input type="radio"/> <input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	_____

For the Soda:

1. Find the chilled beverage section in the store.
2. For the healthier option, locate the 12 oz can and 20 oz bottle of Diet Coca Cola (Diet Coke). If **available**, mark “yes” and record the **price**. Then mark “N/A” for the alternate item.
3. If the 12 oz can or 20 oz bottle is not available, mark “no” and look for an alternate brand of diet soda. Choose the brand with the most shelf space. If there are brands with equal shelf space, choose the brand with the name closest to the beginning of the alphabet. Write in the brand name, mark “yes” and record the price.
4. For the regular option, look for same brand and size of sugared soda to compare.

For the Juice:

1. For the healthier option, look for a 15.2 oz bottle of Minute Maid 100% juice first, then Tropicana, then Other. If **available**, mark the brand and “yes” for available, and record the **price**. Mark “NA” for the alternate items.

Juice	Available	Price	Comments
100% juice, 15.2 oz.	<input type="radio"/> <input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	_____
<input type="radio"/> Minute Maid <input type="radio"/> Tropicana <input type="radio"/> Other			

2. If no 15.2 oz bottle of 100% juice is available, mark “no” and determine if a 14 oz. bottle of Minute Maid 100% juice is available, then Tropicana and then Other. If available, mark the brand and “yes” for available and record the price. Mark “NA” for the alternate item.
3. If no 14 oz bottle of 100% juice is available, mark “no” and locate an alternate size of 100% juice (e.g. 12 oz). Look for the Minute Maid brand of 100% juice first, then Tropicana, then Other. If available, mark the oz bubble and record the size of the bottle in ounces. Then, mark the brand and “yes” for available and record the price.
4. For the regular option, look for the same brand and size of a juice drink to compare. If not available, choose a comparable option in size and price.

Measure # 8-GS: BEVERAGE – GROCERY STORES
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Beverage Definitions:

- a. Diet soda - 0 kcal
- b. Sugared soda – Regular soda
- c. 100% juice – Natural fruit juice with no added sugars. Container must say 100% fruit juice on label.
- d. Juice drink – Fruit juice with added sugar and water

Measurement Procedures

Soda	Available size	Available Yes No		Price	Comments
Healthier option:					
Diet Coke	12 pack 12 oz..	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	_____

For the Soda:

1. Find the beverage aisle of the store.
2. For the healthier option, locate the 12 pack (12 oz cans) of Diet Coca Cola (Diet Coke). If **available**, mark “yes”, record the **price** and mark “N/A” under the alternate items.
3. If the 12 pack is not available, mark “no” and then locate the 6 pack of Diet Coke, marking “yes” for available and recording the price. Mark “N/A” under the alternate items.
4. If the 6 pack of Diet Coke is not available, mark “no” and look for an alternate brand of diet soda. Choose the brand with the most shelf space. If there are brands with equal shelf space, choose the brand with the name closest to the beginning of the alphabet. Write in the name of the alternate brand of diet soda. Mark “yes” if a 12 pack is available and record the price.
5. If a 12 pack of the alternate brand of diet soda is not available, mark “no” and then write in the name of the alternate brand of diet soda. Mark “yes” if a 6 pack is available and record the price.
6. For the regular option, look for same brand and size of sugared soda to compare.

For the Juice:

1. Find the refrigerated juice section in the store.
2. For the healthier option, locate the half gallon size (64 oz) of Minute Maid 100% juice. If **available**, mark “yes”, record the **price** and mark “N/A” under the alternate items.
3. If Minute Maid is not available, mark “no” and look for the half gallon size of Tropicana 100% juice. If available, mark “yes”, record the price and mark “N/A” for the remaining alternate item.
4. If Tropicana is not available, mark “no” and choose the brand with the most shelf space. If there are brands with equal shelf space, choose the brand with the name closest to the beginning of the alphabet. Write the brand name of the juice drink. Mark “yes” if the half gallon size is available and record the price.

5. For the regular option, look for the same brand of a juice drink to compare. If not available, choose a comparable option.

Measure #9: BREAD

Bread Definitions

- a. Healthier: 100% whole wheat and whole grain bread
 b. Regular: Bread made with refined flour

Measurement Procedures

Item	Available			Loaf size	Price/loaf	Comments
	Yes	No	N/A	(ounces)		
Healthier option:						
Nature's Own 100% Whole Wheat Bread	<input type="radio"/>	<input type="radio"/>		<input style="width: 40px; height: 20px;" type="text"/>	\$ <input style="width: 20px; height: 20px;" type="text"/> . <input style="width: 20px; height: 20px;" type="text"/>	_____

1. Find the bread aisle in the store.
2. For the healthier option, locate Nature's Own 100% Whole Wheat Bread.
3. If Nature's Own 100% Whole Wheat Bread is **available**, mark "yes".
4. Record the **size** in ounces and **price** of the loaf. If the size is not a whole number, round up or down accordingly (e.g., if it is 22 1/8, then write 22).
5. If Nature's Own is not available, mark "no" and look for Sarah Lee's 100% Whole Wheat Bread. If that is available, mark "yes" and record the size and price.
6. If Sarah Lee's is not available, mark "no" and choose the brand with the most shelf space. If there is equal shelf space for different brands, select the one that has a brand name closest to the beginning of the alphabet (e.g., Colonial instead of Sunbeam).
7. Write its name, size and price.
8. Count and record the **number of varieties** of 100% whole wheat bread and whole grain bread, which includes both different brands and types (100% whole wheat, 100% honey whole wheat, etc.) but does **not** include different sizes of the same bread.

of varieties of 100% whole wheat bread and whole grain (all brands) <input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6+
--

9. Repeat steps 2-6 for the comparable regular option, looking for the same brand that was available for the healthier option if possible. If the same brand is not available for the regular option, choose a comparable option.

Measure #10: BAKED CHIPS

Baked Chips Definitions

- a. Healthier items:
- | | | |
|-----|---|-----------------|
| i. | Fat-free = 0 g fat/serving | Size |
| ii. | Low-fat = ≤ 3 g fat/ per 1 oz. serving | (ounces) |
- b. Regular items: > 3 g fat/ per 1 oz. serving

Measurement Procedures

Item	Size (ounces)	Available			Price	Comments
		Yes	No	N/A		
Healthier option:						
Baked Lays Potato Chips	□□ oz	<input type="radio"/>	<input type="radio"/>		\$□.□□	_____

1. For **grocery stores**, go to the MAIN chips/snacks aisle. For **convenience stores**, find where the smallest size packages of chips are located.
2. For the healthier option, locate Baked Lays® Potato Chips and mark the smallest size that is **available** (Do not choose chips that come in multi-packs). Write in the number of ounces and if ounces is not a whole number, round up or down accordingly (e.g., if $9 \frac{5}{8}$ oz, write “10”).
3. If Baked Lays® are not available, mark “no” and look for an alternate chips item that has **≤ 3 g fat per one ounce serving** (Baked Doritos does not meet this criteria; however, if no other baked chips are available, look for the fat-free potato chips made with Olestra). Write the name and mark “yes” under available.
4. Record the **price** of the Baked Lays® or the alternate item.
5. Count and record the **number of varieties** of low-fat chips (**≤ 3 g fat per one ounce serving**), which includes different brands (Lays, Ruffles, etc.) and flavors (Plain, Ranch, BBQ, etc.) and type of chip (corn, potato, etc). The chips with Olestra count as well. It does **not** include different sizes of the same chip.

# of varieties of low-fat chips (any brand)	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6+
---	--

6. Repeat steps 2-4 for the comparable regular option, looking for the same brand and size that was available for the healthier option.

Measure #11: CEREAL

Cereal Definition

Healthier: < 7g sugar per serving

Measurement Procedures

Item	Available		Size	Price	Comments
	Yes	No	(ounces)		
Healthier Option:					
Cheerios (Plain)	<input type="radio"/>	<input type="radio"/>	□□	\$□.□□	_____

1. Look for plain Cheerios.
2. If plain Cheerios is **available**, mark “yes” under available.
3. Record the **smallest size** box of Cheerios available in ounces listed on the bottom front of the box. If the size is not a whole number, round up or down accordingly (e.g., if it is 22 1/8, then write “22”).
4. Record the **price**.
5. If plain Cheerios is not available, look for an alternate that qualifies as healthier (<7 g sugar per serving). Write its name, marking “yes” under available and follow steps 3-4 for size and price. Examples of other cereals that have <7 g of sugar per serving include Multigrain Cheerios, Special K, Total Whole Wheat, Rice Krispies, and Corn Flakes.
6. Count and record the **number of varieties** of healthier cereal (<7 g sugar per serving).

of varieties of healthier cereal

<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3+
-------------------------	-------------------------	-------------------------	--------------------------

Regular Option:

Cheerios (Flavored) _____	<input type="radio"/>	<input type="radio"/>	□□	\$□.□□	_____
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7. Look for a flavored Cheerios cereal (e.g., Honey Nut, Frosted, Berry Burst, Yogurt Burst, etc.). If available, mark “yes” under available. Write the flavor on the line. If plain Cheerios is not available for the healthier option and an alternate healthier cereal is available, look for the sugared version as the regular option (e.g., Corn Flakes and Frosted Corn Flakes).
8. Record the **size** in ounces. If multiple sizes are available, record the smallest.
9. Record the **price**.
10. If a flavored Cheerios is not available, look for an alternate that qualifies (≥ 7 g sugar per serving). Write its name, marking “yes” under available and follow steps 8-9 for size and price.

**Nutrition Environment Measures Survey (NEMS)
Measure #1: MILK**

Rater ID:

Store ID: ---

Date: / /
Month Day Year

Grocery Store Convenience Store Other

Marking Instructions

Please use a pencil or blue or black ink Correct

A. Reference Brand

1. Store brand (preferred) yes no

2. Alternate Brand Name

Comments: _____

B.

Availability

Comments:

1. a. Is low-fat (skim or 1%) available? Yes No _____
b. If not, is 2% available? Yes No NA _____

2. **Shelf Space:** (measure only if low fat milk is available)

	Type	Pint	Quart	Half gallon	Gallon
a.	Skim	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
b.	1%	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
c.	Whole	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

C. Pricing: All items should be same brand

Comments:

1. Whole milk, quart \$. _____
2. Whole milk, half-gal. \$. _____
3. Skim or 1% milk, quart \$.
(Lowest available) _____
4. Skim or 1% milk half-gal. \$.
(Lowest available) _____

Alternate Items:

5. 2%, quart \$. N/A _____
6. 2%, half gal. \$. N/A _____

Measure Complete

**Nutrition Environment Measures Survey (NEMS)
Measure #2: FRUIT**

Rater ID:

Store ID: ---

Date: / /
Month Day Year

Grocery Store Convenience Store Other

Availability and Price

Produce Item	Available		Price	Unit			Quality		Comments
	Yes	No		#	pc	lb	A	UA	
1. Bananas	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
2. Apples	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
<input type="radio"/> Red delicious	<input type="radio"/>	<input type="radio"/>							_____
<input type="radio"/> _____									_____
3. Oranges	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
<input type="radio"/> Navel	<input type="radio"/>	<input type="radio"/>							_____
<input type="radio"/> _____									_____
4. Grapes	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
<input type="radio"/> Red Seedless	<input type="radio"/>	<input type="radio"/>							_____
<input type="radio"/> _____									_____
5. Cantaloupe	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
6. Peaches	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
7. Strawberries	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
8. Honeydew Melon	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
9. Watermelon	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
<input type="radio"/> Seedless	<input type="radio"/>	<input type="radio"/>							_____
<input type="radio"/> _____									_____
10. Pears	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
<input type="radio"/> Anjou	<input type="radio"/>	<input type="radio"/>							_____
<input type="radio"/> _____									_____

11. Total Types: (count # of yes responses)

Measure Complete

**Nutrition Environment Measures Survey (NEMS)
Measure #3: VEGETABLES**

Rater ID:

Store ID: ---

Date:
Month Day Year

Grocery Store Convenience Store Other

Availability and Price

Produce Item	Available		Price		Unit #	Quality		Comments			
	Yes	No				pc	lb	A	UA		
1. Carrots	<input type="radio"/> 1 lb bag	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
	<input type="radio"/> _____										_____
2. Tomatoes	<input type="radio"/> Loose	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
	<input type="radio"/> _____										_____
3. Sweet Peppers	<input type="radio"/> Green bell	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
	<input type="radio"/> _____										_____
4. Broccoli	<input type="radio"/> Bunch	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
	<input type="radio"/> _____										_____
5. Lettuce	<input type="radio"/> Green leaf	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
	<input type="radio"/> _____										_____
6. Corn		<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____

7. Celery		<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____

8. Cucumbers	<input type="radio"/> Regular	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
	<input type="radio"/> _____										_____
9. Cabbage	<input type="radio"/> Head	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
	<input type="radio"/> _____										_____
10. Cauliflower		<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____

11. Total Types: (count # of yes responses)

Measure Complete

**Nutrition Environment Measures Survey (NEMS)
Measure #4: GROUND BEEF**

Rater ID:

Store ID: ---

Date: / /
Month Day Year

Grocery Store Convenience Store Other

Availability and Price

Item	Available			Price/lb.	Comments
	Yes	No	N/A		

Healthier Option:

1. Lean ground beef, 90% lean, 10% fat (Ground Sirloin)	<input type="radio"/>	<input type="radio"/>		\$ <input type="text"/> . <input type="text"/>	_____
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Alternate Items:

2. Lean ground beef (<10% fat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	_____
<input type="text"/> % fat					_____

3. Ground Turkey (≤ 10% fat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	_____
<input type="text"/> % fat					_____

4. # of varieties of lean ground beef (≤ 10% fat) 0 1 2 3 4 5 6+

Regular option:

5. Standard ground beef, 80% lean, 20% fat	<input type="radio"/>	<input type="radio"/>		\$ <input type="text"/> . <input type="text"/>	_____
---	-----------------------	-----------------------	--	--	-------

Alternate Item:

6. Standard alternate ground beef, if above is not available	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	_____
<input type="text"/> % fat					_____

Measure Complete

**Nutrition Environment Measures Survey (NEMS)
Measure #5: HOT DOG**

Rater ID:

Store ID: ---

Date: / /
Month Day Year

Grocery Store Convenience Store Other

Availability and Price

Item	Available			Price/pkg.	Comments
	Yes	No	N/A		

Healthier Option:

1. Oscar Mayer 98% Fat-free Wieners (turkey/beef) 0g fat Yes No N/A \$. _____

Alternate Items: (≤ 9 g Fat)

2. Fat-free other brand 0g fat Yes No N/A \$. _____
 Brand name Kcal/svg

3. Light Wieners (turkey/pork) Yes No N/A \$. _____

4. Light beef Franks, (about 1/3 less calories 50% less fat) Yes No N/A \$. _____

5. Turkey Wieners (about 1/3 less fat) Yes No N/A \$. _____

6. Other Yes No N/A \$. _____
 oz pkg Hot dogs/pkg
 g fat kcal/svg

Regular option:

7. Oscar Mayer Wieners (turkey/pork/chicken)-regular 12g fat Yes No N/A \$.

Alternate Items: (≥ 10g fat)

8. Beef Franks (regular) 13 g fat Yes No N/A \$.

9. Other Yes No N/A \$. _____
 oz pkg Hot dogs/pkg
 g fat kcal/svg

Measure Complete

**Nutrition Environment Measures Survey (NEMS)
Measure #6: FROZEN DINNERS**

Rater ID:

Store ID: ---

Date: / /
Month Day Year

Grocery Store Convenience Store Other

A. Reference Brand

1, Stouffer's brand (preferred) Yes No

2. Alternate brand (with reduced-fat dinners

available) Brand Name:

Comments: _____

B. Availability

1. Are reduced-fat frozen dinners available? (≤ 9 g fat/8-11 oz.)

Shelf Space: (measure only if reduced-fat frozen dinners are available)

2. Reduced-fat dinners/regular dinners: Proportion $\leq 10\%$ 11-33% 34-50% 51%+

C. Pricing (All items must be same brand)

Reduced-Fat Dinner	Price/Pkg	Regular Dinner	Price/Pkg	Comments
1. Lean Cuisine Lasagna <input type="text"/> oz <input type="text"/> K cal. <input type="text"/> g fat	\$ <input type="text"/> . <input type="text"/>	Stouffer's Lasagna <input type="text"/> oz <input type="text"/> K cal. <input type="text"/> g fat	\$ <input type="text"/> . <input type="text"/>	_____
2. Lean Cuisine Roasted Turkey Breast <input type="text"/> oz <input type="text"/> K cal. <input type="text"/> g fat	\$ <input type="text"/> . <input type="text"/>	Stouffer's Roasted Turkey Breast <input type="text"/> oz <input type="text"/> K cal. <input type="text"/> g fat	\$ <input type="text"/> . <input type="text"/>	_____
3. Lean Cuisine Meatloaf <input type="text"/> oz <input type="text"/> K cal. <input type="text"/> g	\$ <input type="text"/> . <input type="text"/>	Stouffer's Meatloaf <input type="text"/> oz <input type="text"/> K cal. <input type="text"/> g fat	\$ <input type="text"/> . <input type="text"/>	_____
Reduced-Fat Alternate (≤ 9 g fat)	Price/Pkg	Regular Alternate (≥ 10 g fat)	Price/Pkg	Comments
4. Other _____ <input type="text"/> oz <input type="text"/> K cal. <input type="text"/> g fat	\$ <input type="text"/> . <input type="text"/>	Other _____ <input type="text"/> oz <input type="text"/> K cal. <input type="text"/> g fat	\$ <input type="text"/> . <input type="text"/>	_____
5. Other _____ <input type="text"/> oz <input type="text"/> K cal. <input type="text"/> g fat	\$ <input type="text"/> . <input type="text"/>	Other _____ <input type="text"/> oz <input type="text"/> K cal. <input type="text"/> g fat	\$ <input type="text"/> . <input type="text"/>	_____
6. Other _____ <input type="text"/> oz <input type="text"/> K cal. <input type="text"/> g fat	\$ <input type="text"/> . <input type="text"/>	Other _____ <input type="text"/> oz <input type="text"/> K cal. <input type="text"/> g fat	\$ <input type="text"/> . <input type="text"/>	_____

**Nutrition Environment Measures Survey (NEMS)
Measure #7: BAKED GOODS**

Rater ID:

Store ID: ---

Date: / /
Month Day Year

Grocery Store Convenience Store Other

Availability & Price

Low-fat baked goods $\leq 3g$ fat/serving

Item	Available		Amt. per package	g fat/ per item	kcal/ per item	Price	Comments
	Yes	No					

Healthier option:

1. Bagel

Single Yes No N/A \$

Package Yes No N/A \$

Alternate Items: Yes No N/A

2. English muffin Yes No N/A \$

3. a. Low-fat muffin Yes No N/A \$

b. # varieties of low fat muffins 0 1 2 3+

Regular option (>3g fat/serving or 400 Kcal/serving):

4. Regular muffin Yes No \$

Alternate Items Yes No N/A

5. Regular Danish Yes No N/A \$

6. Other Yes No N/A \$

**Nutrition Environment Measures Survey (NEMS)
Measure #8-CS-BEVERAGE**

Rater ID:

Store ID: ---

Date:
Month Day Year

Grocery Store Convenience Store Other

Availability & Price

Healthier option:

	Available		Price	Comments
	Yes	No		
1. Diet Coke	12 oz.	<input type="radio"/> <input type="radio"/>	\$ <input type="text"/> <input type="text"/>	_____
	20 oz.	<input type="radio"/> <input type="radio"/>	\$ <input type="text"/> <input type="text"/>	_____
2. Alternate brand of diet soda <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		Yes No N/A	\$ <input type="text"/> <input type="text"/>	_____
	12 oz.	<input type="radio"/> <input type="radio"/> <input type="radio"/>	\$ <input type="text"/> <input type="text"/>	_____
	20 oz.	<input type="radio"/> <input type="radio"/> <input type="radio"/>	\$ <input type="text"/> <input type="text"/>	_____

Regular option:

	Yes No		Price	Comments
	Yes	No		
3. Coke	12 oz.	<input type="radio"/> <input type="radio"/>	\$ <input type="text"/> <input type="text"/>	_____
	20 oz.	<input type="radio"/> <input type="radio"/>	\$ <input type="text"/> <input type="text"/>	_____
4. Alternate brand of sugared soda <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		Yes No N/A	\$ <input type="text"/> <input type="text"/>	_____
	12 oz.	<input type="radio"/> <input type="radio"/> <input type="radio"/>	\$ <input type="text"/> <input type="text"/>	_____
	20 oz.	<input type="radio"/> <input type="radio"/> <input type="radio"/>	\$ <input type="text"/> <input type="text"/>	_____

Healthier option:

5. 100% juice, 15.2 oz.	Yes No		
<input type="radio"/> Minute Maid <input type="radio"/> Tropicana <input type="radio"/> Other	<input type="radio"/> <input type="radio"/>	\$ <input type="text"/> <input type="text"/>	_____

Alternate Items:

	Yes	No	N/A	Price	Comments
6. 100% juice, 14 oz.				\$ <input type="text"/> <input type="text"/>	_____
<input type="radio"/> Minute Maid <input type="radio"/> Tropicana <input type="radio"/> Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
7. 100% juice, _____ oz.				\$ <input type="text"/> <input type="text"/>	_____
<input type="radio"/> Minute Maid <input type="radio"/> Tropicana <input type="radio"/> Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		

Regular option:

8. Juice Drink, 15.2 oz	Yes No		
<input type="radio"/> Minute Maid <input type="radio"/> Tropicana <input type="radio"/> Other	<input type="radio"/> <input type="radio"/>	\$ <input type="text"/> <input type="text"/>	_____

Alternate Items:

	Yes	No	N/A	Price	Comments
9. Juice Drink, 14 oz.				\$ <input type="text"/> <input type="text"/>	_____
<input type="radio"/> Minute Maid <input type="radio"/> Tropicana <input type="radio"/> Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
10. Juice Drink, _____ oz.				\$ <input type="text"/> <input type="text"/>	_____
<input type="radio"/> Minute Maid <input type="radio"/> Tropicana <input type="radio"/> Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		

**Nutrition Environment Measures Survey (NEMS)
Measure #8-GS:BEVERAGE**

Rater ID:

Store ID: ---

Date: / /
Month Day Year

Grocery Store Convenience Store Other

Availability & Price

Healthier option:

1. Diet Coke	Available size	Available			Price	Comments
		Yes	No	N/A		
	12 pack 12 oz.	<input type="radio"/>	<input type="radio"/>		\$ <input type="text"/> . <input type="text"/>	_____
	6 pack 12 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	_____
2. Alternate brand of diet soda						
		Yes	No	N/A	Price	Comments
<input type="text"/>	12 pack 12 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	_____
<input type="text"/>	6 pack 12 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	_____

Regular option:

3. Coke	12 pack 12 oz.	<input type="radio"/>	<input type="radio"/>		\$ <input type="text"/> . <input type="text"/>	_____
	6 pack 12 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	_____
4. Alternate brand of sugared soda						
		Yes	No	N/A	Price	Comments
<input type="text"/>	12 pack 12 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	_____
<input type="text"/>	6 pack 12 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	_____

Healthier option:

5. Minute Maid 100% juice, (64 oz., half gallon) Yes No N/A \$. _____

Alternate Items:

6. Tropicana 100% juice, (64 oz, half gallon)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	_____
7. Other: <input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	_____

Regular option:

8. Minute Maid juice drink, (64 oz, half gallon) Yes No N/A \$. _____

Alternate Items:

9. Tropicana juice drink, (64 oz, half gallon)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	_____
10. Other: <input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	_____

**Nutrition Environment Measures Survey (NEMS)
Measure #9: BREAD**

Rater ID:

Store ID: ---

Date: / /
Month Day Year

Grocery Store Convenience Store Other

Availability & Price

Item	Available			Loaf size (ounces)	Price/loaf	Comments
	Yes	No	N/A			
Healthier Option: Whole grain bread (100% whole wheat bread and whole grain bread)						
1. Nature's Own 100% Whole Wheat Bread	<input type="radio"/>	<input type="radio"/>		<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	_____
Alternate Items:						
2. Sara Lee Classic 100% Whole Wheat Bread	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	_____
3. Other:	Yes	No	N/A			
<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	_____
4. # of varieties of 100% whole wheat bread and whole grain (all brands)		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Regular Option: White bread (bread made with refined flour)

5. Nature's Own Butter Bread	<input type="radio"/>	<input type="radio"/>		<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	_____
Alternate Items:						
6. Sara Lee Classic White Bread	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	_____
7. Other:						
<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	_____

**Nutrition Environment Measures Survey (NEMS)
Measure #10: BAKED CHIPS**

Rater ID:

Store ID: ---

Date: / /
Month Day Year

Grocery Store Convenience Store Other

Availability & Price

Low-fat chips \leq 3g fat per 1 oz. serving

Item	Size (ounces)	Available		Price	Comments			
		Yes	No					
Healthier Option :								
1. Baked Lays Potato Chips	<input type="text"/> oz.	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	_____			
Alternate Item:								
2. <input type="text"/>	<input type="text"/> oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	_____		
3. # of varieties of low-fat chips (any brand)		<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6+

Regular Option (select most comparable size to healthier option available):

Item	Size	Yes No		Price	Comments	
		Yes	No			
4. Lays Potato Chips Classic	<input type="text"/> oz.	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	_____	
Alternate Item:						
5. <input type="text"/>	<input type="text"/> oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/>	_____

Nutrition Environment Measures Survey (NEMS)
Measure #11: CEREAL

Rater ID: Store ID: ---Date: / /
Month Day Year Grocery Store Convenience Store Other**Availability & Price**

Healthier cereals < 7 g sugar per serving

Item	Available			Size (ounces)	Price	Comments
	Yes	No	N/A			
Healthier Option:						
1. Cheerios (Plain)	<input type="radio"/>	<input type="radio"/>		<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	_____

Alternate Item:

Item	Available			Size (ounces)	Price	Comments
	Yes	No	N/A			
2. Other _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	_____

3. # of varieties of healthier cereals 0 1 2 3+**Regular Options** (≥ 7 g of sugar per serving):4. Cheerios (Flavored) _____ \$. _____**Alternate Item:**5. Other _____ \$. _____

NEMS Scoring Sheet for Stores

Store:

Item	Availability of Healthier Item	Avail Total Points	Price	Price Total Points	Quality	Quality Total Points
Milk	YES low-fat/skim = 2 pts		*Lower for lowest-fat = 2 pts			
	Proportion (lowest-fat to whole) \geq 50% = 1 pt		Same for both = 1 pt Higher for low-fat = -1 pt			
Fruits	0 varieties = 0 pts < 5 varieties = 1 pt 5-9 varieties = 2 pts 10 varieties = 3 pts				25-49% acceptable = 1 pt 50-74% acceptable = 2 pts 75%+ acceptable = 3 pts	
Vegetables	0 varieties = 0 pts < 5 varieties = 1 pt 5-9 varieties = 2 pts 10 varieties = 3 pts				25-49% acceptable = 1 pt 50-74% acceptable = 2 pts 75%+ acceptable = 3 pts	
Ground Beef	YES lean meat = 2 pts		Lower for lean meat = 2 pts			
	2-3 varieties \leq 10% fat = 1 pt > 3 varieties \leq 10% fat = 2 pts		Higher for lean meat = -1 pt			
Hot dogs	YES fat-free = 2 pts Light, not fat-free = 1pt		Lower for fat-free or light = 2 pts Higher for fat-free or light = -1 pt			
Frozen dinners	YES all 3 reduced-fat types = 3 pts YES 1 or 2 reduced-fat types = 2 pts		**Lower for reduced-fat = 2 pts Higher for reduced-fat = -1 pt			
Baked goods	YES low-fat items = 2 pts		Lower for low-fat (per piece) = 2 pts Higher for low-fat (per piece) = -1 pt			
Beverages	YES diet soda = 1 pt		Lower for diet soda = 2 pts			
	YES 100% juice = 1 pt		Higher for 100% juice = -1 pt			
Bread	YES whole grain bread = 2 pts		Lower for whole wheat = 2 pts			
	>2 varieties whole wheat bread = 1 pt		Higher for whole wheat = -1 pt			
Baked chips	YES baked chips = 2 pts		***Lower for baked chips = 2 pts			
	> 2 varieties baked chips = 1 pt		Higher for baked chips = -1 pt			
Cereal	YES healthier cereal = 2 pts		***Lower for healthier cereal = 2 pts Higher for healthier cereal=-1 pt			
Availability Subtotal=			Price Subtotal=			Quality Subtotal=
				Total NEMS Store Score =		

*Lowest-fat being low-fat or skim; not 2%

** Based on majority of frozen food items

***Per box or bag, not price per ounce

**NUTRITION ENVIRONMENT MEASURES SURVEY (NEMS)
RESTAURANT MEASURES SURVEY INSTRUCTIONS**

These measures are designed to rate the nutrition environments of restaurants serving either lunch or dinner. They are not designed to rate specialty shops such as coffee or ice cream shops, unless these shops serve lunch or dinner items (e.g., sandwiches). In addition, there are other establishments that may serve food that fall into an exclusions category (see below) and would not be rated. However, based on your survey purposes, you may decide to set different exclusion criteria.

Exclusions

Establishments that are not open to the general public, or those where you have to pay a charge just to enter. Also, establishments where food is not the primary product (e.g., food counters at drugstores).

Examples:

- schools
- churches
- convalescent homes
- bars, clubs, or places excluding children 18 and under
- movie theatres
- hospitals
- stores not preparing food to order or consume immediately (bakery, dairy store, store that sells coffee beans, etc.)
- food counters within discount/superstores (e.g., Wal-Mart)
- workplace cafeterias

In these protocol instructions, each section of the survey is shown, followed by instructions for completing that section. Refer to the *Restaurant Data Collection Flowchart*, which explains the suggested order for completing the survey components, if you have any questions on the data collection process.

General Completion Tips

Remember to follow the tips below to decrease the data cleaning time later.

4. Write legibly.
5. Check your work.
6. Use the correct line/bubble.

For Those Whose Forms will be Scanned

The surveys will be scanned on a machine that is very picky, so please remember to do the following:

6. **Darken** your circles once you are sure of the answer.
7. Press down when writing letters or numbers so they are legible and dark.
8. Write your comments and notes on the lines provided.
9. Do not cross through any individual items or sections.
10. Erase any stray marks you make.

COVER PAGE

- Record your Rater ID at the top of the page.
- Confirm that the category assigned to the restaurant (sit down-SD, fast casual-FC, fast food-FF, specialty, or other) during the enumeration process is correct and mark the appropriate bubble. See instructions below on restaurant classification.
 - If it is incorrect, explain in the “Comments” section of the cover page and alert project coordinator when submitting the form.
 - Continue with the assessment, unless it is not a restaurant.
- Record the date and start/end times for each data source as you complete the data collection.

Classifying Restaurants:**1. Sit-down Restaurants category (SD)**

This category includes traditional sit-down restaurants, and bars and pubs with full menus that are open to all ages.

- a. **Sit-down Restaurant**-Restaurant that offers full table service by wait staff, who take your order at the table.

Examples:

- | | |
|--|---|
| • Applebee's | • P.F. Chang's China Bistro - http://www.pfchangs.com/ |
| • Benihana - http://www.benihana.com/ | • Planet Hollywood - http://www.planethollywood.com/ |
| • Cheesecake Factory - http://www.cheesecakefactory.com/ | • Qdoba Mexican Grill - http://www.qdoba.com/ |
| • Chili's Grill & Bar - http://www.chilis.com/ | • Ruby Tuesday |
| • Denny's- http://www.dennys.com/ | • Sizzler - http://www.sizzler.com/home/home.html |
| • Don Pablo's | • TGI Friday's - http://www.tgifridays.com/ |
| • Golden Corral | • Thaicoon |
| • Hard Rock Cafe | • Todai Seafood Buffet - http://www.todai.com/ |
| • International House of Pancakes or IHOP | • Top Spice |
| • Olive Garden | • Touch of India |
| • Outback Steakhouse- http://www.outback.com/ | • Z' Tejas Southwestern Grill - http://www.ztejas.com/ |

- b. **Bars/Pubs** – A restaurant that sells a full range of alcoholic beverages, has a full menu and is open to all ages. These are to be listed under the **Sit-down Restaurants** heading.

Examples:

- | | |
|-------------------|-------------------------------------|
| • Brick Store Pub | • Maggie's Neighborhood Bar & Grill |
|-------------------|-------------------------------------|

- Famous Pub and Sports Palace
- Taco Mac

2. Fast Casual Restaurant (FC)

A restaurant that is similar to fast-food in that it does not offer table service, but promises somewhat higher quality of food and atmosphere. (http://en.wikipedia.org/wiki/List_of_fast_casual_dining_restaurants) You may order and pay at a counter. Often food is brought to your table.

Examples:

- Atlanta Bread Company
- Baja Fresh
- Boston Market
- Café Express
- Chipotle Mexican Grill
- Fresh City
- Fuddruckers
- Mama Fu’s
- Moe’s Southwest Grill
- Panera Bread Company
- Pita Palace
- Wingstop

3. Fast Food Restaurants category (FF)

This category includes fast food restaurants only. Fast food restaurants are characterized by minimal service and by food that is supplied quickly after ordering. Food purchased may or may not be eaten quickly as well. Food is commonly cooked in bulk in advance and kept hot, or reheated to order.

Fast Food restaurants usually meet at least one of the following criteria:

- A. A restaurant that is **part of a fast food chain or franchise** (see list) that ships standardized foodstuffs to the individual restaurants from central locations.
- B. A restaurant that is **located in a food court**.
- C. A restaurant that is limited to **take-out only**.
- D. **Lunch trucks, trailers, wagons, etc.**

More on Fast Food:

Fast food is often highly processed and prepared in an industrial fashion, i.e., with standard ingredients and methodical cooking and production methods. It is served usually in cartons or bags in a rapid manner in order to minimize costs. Fast food outlets often provide take-away or take-out food in addition to tables for eating-in. A drive-through allows food to be ordered and delivered without leaving the car to further speed service.

Fast food is often finger food that can be eaten quickly and without cutlery. Fast food often consists of fish and chips, sandwiches, pitas, hamburgers, breaded chicken, French fries, chicken nuggets, pizza or ice cream, although many fast food restaurants offer some other less easily consumed choices like chili, mashed potatoes, or salads. *Chinese cuisine, although often served as take-away, is not always considered fast food.* (<http://encyclopedia.thefreedictionary.com/Fast-food%20restaurant>)

Examples:

- | | |
|---|--|
| <ul style="list-style-type: none"> • Arby's http://www.arbys.com • Blimpie • Burger King • Carl's Jr. http://www.carlsjr.com/ • Chick-fil-A http://www.chickfila.com • Dairy Queen (Brazier) • El Pollo Loco http://www.elpolloloco.com/ • Jack in the Box • KFC • Krystal http://www.krystalco.com/ • Little Caesar's • Long John Silver's • McDonald's | <ul style="list-style-type: none"> • Panda Express http://www.pandaexpress.com/ • Pizza Hut • Popeye's Fried Chicken http://www.popeyes.com/ • Quizno's • Sbarro • Schlotzsky's http://www.cooldeli.com/ • Sonic Drive-In http://www.sonicdrivein.com/ • Steak and Shake • Subway Sandwich • Taco Bell • Tastee Freeze • Wendy's • Whataburger |
|---|--|

4. Specialty Shops category

a. **Coffee/Pastry** - This category includes restaurants where coffee and/or pastries are the main items sold.

Examples:

- | | |
|--|--|
| <ul style="list-style-type: none"> • Caribou Coffee • Dunkin' Donuts • Krispy Kreme | <ul style="list-style-type: none"> • Seattle's Best Coffee • Starbucks |
|--|--|

b. **Ice Cream** - This category contains restaurants where ice cream or similar types of food such as smoothies, yogurt, etc. are the main items sold. The food is a single serving that is prepared for immediate consumption.

Examples:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Baskin Robbins • Cold Stone Creamery • Planet Smoothie | <ul style="list-style-type: none"> • Smoothie King • TCBY |
|--|---|

5. Other category – All other restaurants; we think that we captured all restaurant establishments, but in case we overlooked one, please use this category!

Restaurant ID: ---

Date: / /

Rater ID:

Record the following at the top of all pages of the form:

- Restaurant ID
- Today's date
- Rater ID

TYPE OF RESTAURANT:

1) Type of Restaurant: Code #

1. Record code from **Restaurant Code List** for type of restaurant, basing it on the main category of cuisine served (e.g., if it is a Chinese vegetarian restaurant, code it as Chinese, not Vegetarian).

Appendix Survey 2: Nutrition Environment Measures Survey (NEMS) Restaurant Measures

NEMS Restaurant Code List		
Code #	Type of Restaurant	Examples
01	General / Mixed / American	Applebees, Chili's, TGI Friday, IHOP, Waffle House
02	Burgers	McDonald's, Wendy's, Hardees
03	Chicken	KFC, Mrs. Winner's, Chick-Fil-A
04	Sub Sandwiches	Subway, Blimpie, Quiznos
05	Pizza	Pizza Inn, Pizza Hut, Mellow Mushroom
06	Bagel / Deli	Einstein's, Bagel Palace Deli
07	Seafood	Pappadeaux, Red Lobster
08	BBQ	Dusty's, Sonny's BBQ
09	Steakhouse	Outback Steakhouse, Ruth Chris' Steakhouse, Longhorn
10	Coffee Shops	Starbuck's, Seattle's Best Coffee, Caribou Coffee
11	Ice Cream/Frozen Yogurt Shops	Baskin Robbins, TCBY, Cold Stone Creamery, Baskin-Robbins
12	Donut Shops	Krispy Kreme, Dunkin' Donuts
13	Bakery/Pastry Shops	Mrs. Fields' Cookies, Cinnabon
14	Bars/Pubs	Taco Mac, ESPN Zone
15	Asian (mixed, other)	Mama Fu's, Chopsticks, Top Spice
16	Chinese	Red Pepper, The Golden Buddha, Panda Chinese
17	Thai	Thai Chili, Thaicoon
18	Japanese	Edo Steak House, Shogun, Fuji Japanese
19	Mexican	Chipotle, Pappasitos, Don Pablos
20	Italian	Sbarro, Olive Garden, Romano's Macaroni Grill
21	French	Petite Auberge, Le Madeleine
22	Indian	Touch of India, Himalayas Indian, Haveli
23	Greek, Middle Eastern	Athens Restaurant, Kyma, Basil's Mediterranean
24	Vegetarian	
25	Other	

DATA SOURCES:

2) Data sources:	Site visit/Observation	Take-Away Menu	Internet	Interview
	<input type="radio"/> yes <input type="radio"/> no	<input type="radio"/> yes <input type="radio"/> no	<input type="radio"/> yes <input type="radio"/> no	<input type="radio"/> yes <input type="radio"/> no

2. Record all the data sources that you use in completing the data collection form for this restaurant. If you fill in "no" for any of the data sources, leave the corresponding data source in Items #3-6 blank and note the reason in comments. For example, if you are not able to complete the site visit for whatever reason, leave Item #3 (Site Visit) blank and note the reason (e.g., manager refused).

SITE FEATURES AND INFORMATION:

3) Site Visit Information:	4) Take-Away Menu Features:	5) Internet Site Features:	6) Interview Information:
Take-away Menu <input type="radio"/> yes <input type="radio"/> no	Nutrition Information <input type="radio"/> yes <input type="radio"/> no	Menu <input type="radio"/> yes <input type="radio"/> no	Menu options <input type="radio"/> yes <input type="radio"/> no
Nutrition Information <input type="radio"/> yes <input type="radio"/> no	Identification of healthier menu items <input type="radio"/> yes <input type="radio"/> no	Nutrition Information <input type="radio"/> yes <input type="radio"/> no	Pricing <input type="radio"/> yes <input type="radio"/> no
Other: <input type="radio"/> yes <input type="radio"/> no	Other: <input type="radio"/> yes <input type="radio"/> no	Identification of healthier menu items <input type="radio"/> yes <input type="radio"/> no	Other: <input type="radio"/> yes <input type="radio"/> no
Other: <input type="radio"/> yes <input type="radio"/> no	Other: <input type="radio"/> yes <input type="radio"/> no	Other: <input type="radio"/> yes <input type="radio"/> no	Comments (describe items above): _____
Comments: _____ _____	Comments: _____ _____	Web site URL: _____ Comments: _____	_____

3. **Site Visit Information:** Record whether you were able to obtain a take-away menu and/or nutrition information during your site visit. If the site visit includes other nutrition-environment relevant information (e.g., a healthy eating brochure), mark "yes" next to "Other" and describe in comments.

4. **Take-Away Menu Features:** Record whether the take-away menu includes nutrition information or identification of healthier menu items. If the menu includes other nutrition-environment relevant information (e.g., a statement encouraging healthy eating), mark "yes" next to "Other" and describe in comments.

5. **Internet Site Features:** Record what type of information you found on the Internet about this restaurant. Also record the Web address (URL) or addresses where you found the information. If the website includes other nutrition-environment relevant information (e.g., a nutrition calculator), mark "yes" next to "Other" and describe in comments.

6. Interview Information: Record whether you used a formal sit-down interview to obtain menu options, pricing, or other information that you could not get from the other data sources. Asking wait staff a few questions is not considered an interview.

HOURS OF OPERATION:

7) Hours of Operation:			Data Source(s): <input type="radio"/> Site <input type="radio"/> Menu <input type="radio"/> Web		
Sunday <input type="radio"/> Open <input type="radio"/> Closed	Thursday <input type="radio"/> Open <input type="radio"/> Closed	Friday <input type="radio"/> Open <input type="radio"/> Closed	Saturday <input type="radio"/> Open <input type="radio"/> Closed		
<input type="radio"/> B: 6:00 – 11:00 am	<input type="radio"/> B: 6:00 – 11:00 am	<input type="radio"/> B: 6:00 – 11:00 am	<input type="radio"/> B: 6:00 – 11:00 am		
<input type="radio"/> L: 11:00 am – 3:00 pm	<input type="radio"/> L: 11:00 am – 3:00 pm	<input type="radio"/> L: 11:00 am – 3:00 pm	<input type="radio"/> L: 11:00 am – 3:00 pm		
<input type="radio"/> D: 5:00 pm to Close	<input type="radio"/> D: 5:00 pm to Close	<input type="radio"/> D: 5:00 pm to Close	<input type="radio"/> D: 5:00 pm to Close		
<input type="text"/> : <input type="text"/> : <input type="text"/> <input type="radio"/> AM <input type="radio"/> PM	<input type="text"/> : <input type="text"/> : <input type="text"/> <input type="radio"/> AM <input type="radio"/> PM	<input type="text"/> : <input type="text"/> : <input type="text"/> <input type="radio"/> AM <input type="radio"/> PM	<input type="text"/> : <input type="text"/> : <input type="text"/> <input type="radio"/> AM <input type="radio"/> PM		
<input type="radio"/> Open 24 Hours (If 24-hr, leave <i>Hours of Operation</i> section blank)					

7. Hours of Operation

■ **Note:** The hours listed beside breakfast (B), lunch (L), and dinner (D) are approximate times. For example, for a restaurant that is open 10:30 am – 10:00 pm, mark *L* (Lunch) and *D* (Dinner), or even if the restaurant opens at 7:00 am instead of 6:00, mark *B* (Breakfast).

During the site visit (or from another data source), record the following:

- Data source(s)
- Is the restaurant open or closed on the days indicated?
- If so, record whether it is open for breakfast (B), lunch (L), and/or dinner (D). If it serves brunch, mark as breakfast and lunch.
- Record the latest hour open, and mark *am* or *pm*.
- If the restaurant is open 24 hours, leave the rest of Section 7 blank.

ACCESS:

8) Access: Drive-thru window	Parking onsite
<input type="radio"/> yes <input type="radio"/> no	<input type="radio"/> yes <input type="radio"/> no
Comments: _____	

8. Access

■ Record whether there is a drive-thru window. If the restaurant offers the option of sitting in your car and a server comes out to take your order or bring you your food (e.g., such as Ruby Tuesday’s), this is NOT considered a drive-thru. Just note this in comments.

- Parking onsite
 - Mark YES, if parking is available in a parking lot or structure/parking deck associated with the restaurant.

Appendix Survey 2: Nutrition Environment Measures Survey (NEMS) Restaurant Measures

- It does not matter if the parking is paid, free, valet, or self-park.
- If there is only street parking (free or metered), answer NO to parking, as that is not associated with the restaurant.

SIZE OF RESTAURANT:

<p>9) Size of Restaurant:</p> <p><input type="radio"/> Seating capacity = _____ <input type="radio"/> Number of tables = _____</p> <p>Comments: _____</p>

9. Size of Restaurant

- Record the seating capacity (from the fire department sign on the wall), or count the number of tables of any size, if you do not see the sign. Count both exterior and interior tables. Count the counter seating as one table and note the number of counter seats in comments.
 - Note: If you use the seating capacity from the fire department sign, you will still need to count any exterior tables and note it in comments.
- If the restaurant is in a food court and has no tables, fill in seating capacity = 0 and note in comments that the restaurant is in a food court. If the restaurant has its own tables, list the seating capacity, or count the tables and note in comments that there are also tables in the food court.

SITE VISIT (OBSERVATION) ITEMS 10-11

10. SALAD BAR

10) Restaurant has a salad bar	<input type="radio"/> yes	<input type="radio"/> no	
--------------------------------	---------------------------	--------------------------	--

- Record whether the restaurant has a salad bar.

11. SIGNAGE/PROMOTIONS

11) Signage/Promotions		
a. Is nutrition information posted near point-of-purchase, or available in a brochure?	<input type="radio"/> yes	<input type="radio"/> no
b. Do signs/table tents/displays highlight healthy menu options?	<input type="radio"/> yes	<input type="radio"/> no
c. Do signs/table tents/displays encourage healthy eating?	<input type="radio"/> yes	<input type="radio"/> no
d. Do signs/table tents/displays encourage unhealthy eating?	<input type="radio"/> yes	<input type="radio"/> no
e. Do signs/table tents/displays encourage overeating (all-you-can-eat, super-size, jumbo, grande, supreme, king size, feast descriptors on menu or signage)?	<input type="radio"/> yes	<input type="radio"/> no
f. Does this restaurant have a low-carb promotion?	<input type="radio"/> yes	<input type="radio"/> no
g. Other? _____	<input type="radio"/> yes	<input type="radio"/> no

Record the following and describe the signage in comments. Please note that signage can be **inside** or **outside** the restaurant.

a. Nutrition information near point of purchase

- Is nutrition information posted near point-of-purchase, or available in a brochure that is prominently displayed?

b. Signs/table tents/displays highlight healthy menu options

- Signage may relate to nutritional value/type of food (grilled food, salads)
 - Example: “Try a low-fat option—We feature salads made with fat-free dressing”
 - Example: “Eat healthy: Try our Brown Rice”

c. Signs/table tents/displays encourage healthy eating

- Signage that encourages making healthy choices
 - Example: “Here’s to Eating Well”
 - Example: “Fruits and Vegetables—the Smart Choice!”

d. Signs/table tents/displays encourage unhealthy eating

- It can be related to nutritional value/type of food (promoting rich desserts and fried foods) or price (combo discounts)
 - Example: “Try our cheesecake: Rich & creamy”
 - Example: Posters featuring pictures of high-fat foods
 - Example: Promotional signs or posters pushing combo discounts

e. Signs/table tents/displays encourage overeating

- Related to quantity
 - Examples: All-you-can-eat, super-size, jumbo, grande, supreme, king size, feast descriptors

f. Low-carb promotion

- Is restaurant promoting low-carb menu items?
 - Example: “The Low Carb Option”
 - Example: Low-Carb Chopped Steak

g. Other

- Note any other signage or displays that would influence food purchasing. If nothing to note, mark no.

MENU REVIEW/SITE VISIT ITEMS 12-15

Items 12-15 are under the header Menu Review/Site Visit, because sometimes they are not listed on the menu and you may need to ask wait staff if they are available.

12. CHIPS

12) a. Chips	<input type="radio"/> yes <input type="radio"/> no	
b. Baked chips	<input type="radio"/> yes <input type="radio"/> no	

- Record whether chips (fried) and baked chips are available (yes/no).
- Note: Baked chips must have ≤ 3 grams fat/serving. Baked Lays® and Baked Tostitos® meet this criterion; however, Baked Doritos® do not.

13. WHOLE GRAIN BREAD

13) a. Bread	<input type="radio"/> yes <input type="radio"/> no	
b. 100% Whole wheat or whole grain bread	<input type="radio"/> yes <input type="radio"/> no	

- Record whether regular (enriched flour) and 100% whole wheat or whole grain bread are available (yes/no).

14. 100% FRUIT JUICE

14. 100% fruit juice	<input type="radio"/> yes <input type="radio"/> no	
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- Record whether 100% fruit juice is available (yes/no).

15. 1% LOW-FAT, SKIM OR NON-FAT MILK

15. 1% low-fat, skim, or non-fat milk	<input type="radio"/> yes <input type="radio"/> no	
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- Record whether low-fat (1% or ½ %), skim or non-fat milk is available (yes/no). Flavored milk (e.g., chocolate) does not count.

MENU REVIEW (#16-21)

16. MAIN DISHES/ENTREES:

16) Main Dishes/Entrees: a. Total # Main Dishes/Entrees.	<input type="radio"/> yes # <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input type="radio"/> no	
b. Healthy options	<input type="radio"/> yes # <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input type="radio"/> no	

16a. Total number of main dishes/entrees

- Count the total number of main dishes and entrees on the menu. Include any entrees that are listed as specials that do not appear on the menu. If there are both lunch and dinner menu items listed on the same menu, do **not** count the entrees listed as “Lunch” items. Do not include main dish salads.

Use the following guidelines:

- General rule of thumb: If an item is listed as a separate entrée, count it. Do not think too hard about it.
- **Definition of an entrée--**
 It must be distinctly different, either in ingredients, proportion of ingredients, or preparation method
and
 Differ in ways OTHER THAN JUST SIZE/QUANTITY
- An example of different proportion of ingredients: A cheeseburger and a double cheeseburger have proportionately different ingredients, making one higher in percent fat than the other. Proportionally, a double cheeseburger is higher in percent fat than a cheeseburger, because it has a smaller percentage of bread, lettuce and tomato (lower fat ingredients) than meat and cheese (higher fat and saturated fat ingredients). Thus, these would be two separate entrees.
- Count each type of entrée only once. If the entrée is offered in different sizes or in combination with another food, count it only once.
 - Example: Baby Back Ribs (*Count as one entrée*)
 ½ Rack Baby Back Ribs
 - Example: FAJITAS (*Count as 2 entrees, not 4*)
 Steak: Seasoned Steak Grilled to Perfection
 Chicken: Grill and Marinated Chicken Breast
 Combo: Grilled and Marinated Chicken Breast with Seasoned Steak
 Double: Your Choice of Chicken, Steak, or as a Combo
- If the entrée is listed with an option of “chicken or beef” or similar choices, count each item as a separate entree.
 - Example: Curries: Choice of Chicken, Beef, or Pork (*Count as 12 entrees, not 4*)

- Panang
 - Massaman
 - Red Curry
 - Pineapple Curry
- If entrees are listed together in a section, but are distinctly different, count each one as an entrée.
- Example: (*Count as 5 entrees, not 1*)
Blimpies Hot Subs—Grilled
6 In: \$3.99 6 In: Stacker: \$5.19 12 In: \$6.29
 - Buffalo Chicken
 - Ultimate Club
 - Beef, Turkey & Cheddar
 - Pastrami Special
 - Reuben
- If various preparation options, e.g., broiled, fried, or grilled, are available, count each preparation option as an entrée.
- Example: Farm-raised Catfish, grilled or breaded and pan-fried (*Count as 2 entrées, not 1*)
- If the same entrée is prepared with different sauces, count them as different entrées.
- Example: A dozen hot wings offered in BBQ, Honey Mustard or Lemon Pepper (*count as 3 entrées, not 1*)
 - Example: Spaghetti with marinara sauce, meat sauce or Alfredo sauce (*count as 3 entrées, not 1*)
- If an entrée is listed twice in separate sections of the menu, count it twice.
- Soup is counted as an entrée if it is priced similar to other entrees.
- **Do not** count the following as main dishes:
- Sushi
 - Dim Sum
 - Tapas
- If a restaurant serves brunch items and there is no separate dinner menu, or if breakfast items are offered all day, count them as entrees.
- Count “build your own” as one item.

- Example: Build your own omelet (with choice of ingredients) (*Count as 1 entrée*)
 - Example: Build your own pizza (*Count as 1 entrée*)
- If the restaurant features a buffet or smorgasbord for one price, count as one entrée. Note this in comments.

16b. Healthy options

If healthy symbols or notations (e.g., *light fare*, *light*, *heart healthy*, *healthy*) are next to entrees, mark “yes”, or if calorie and fat information are provided and meet the NEMS nutrition criteria of healthy, mark “yes” and write in the number. Listed below are the steps to count whether the options meet the NEMS definition of “healthy”. If no entrees have a healthy symbol, notation, or meet the NEMS nutrition criteria of healthy, mark “no”.

If nutrition information is available:

1. Count the number of **entrees (except burgers and sandwiches)** that meet **all three** of the following criteria:
 - a) ≤ 800 calories
 - b) $\leq 30\%$ of calories from fat (see % Fat Chart)
 - c) If saturated fat data are available, then check to see if the items that meet the total fat criterion also have $\leq 10\%$ of calories from saturated fat (see % Fat Chart).
2. Count the number of a la carte **burgers and sandwiches** that meet **all three** of the following criteria:
 - a) ≤ 650 calories
 - b) $\leq 30\%$ of calories from fat (see % Fat Chart)
 - c) If saturated fat data are available, then check to see if the items that meet the total fat criterion also have $\leq 10\%$ of calories from saturated fat (see % Fat Chart).
3. Add the numbers of entrees, burgers, sandwiches meeting the criteria and record in **#16b** on data collection form.
4. If a menu does not have any healthy options, write “0” in the # box.

If nutrition information is **not** available:

Record the number of entrees identified as “*light fare*,” “*light*,” “*heart healthy*,” “*healthy*,” sometimes designated with a small heart symbol. If a menu does not have any healthy options, write “0” in the # box.

% FAT CHART

Count entrees and main dish salads with the following maximum amounts of calories and total fat (30% calories from fat) as healthful choices. Look at the nutritional information listed by each entrée. Find where each entrée falls in the calorie range listed. Then, see if the grams of fat given for that range are equal to or less than the fat content of the entrée. If the fat grams in the entrée are greater than the chart, it is not counted as a healthy option.

Calories	≤ grams of fat
≤ 179	5 grams
180 - 209	6 grams
210 - 239	7 grams
240 - 269	8 grams
270 - 299	9 grams
300 - 329	10 grams
330 - 359	11 grams
360 - 389	12 grams
390 - 419	13 grams
420 - 449	14 grams
450 - 479	15 grams
480 - 509	16 grams
510 - 539	17 grams
540 - 569	18 grams
570 - 599	19 grams
600 - 629	20 grams
630 - 659	21 grams
660 - 689	22 grams
690 - 719	23 grams
720 - 749	24 grams
750 - 779	25 grams
780 - 800	26 grams

If saturated fat data are available, then items must also have no more than 10% saturated fat calories to count as healthful. See chart below:

Calories	≤ grams of saturated fat
≤ 149	1 gram
150 - 239	2 grams
240 - 319	3 grams
320 - 419	4 grams
420 - 499	5 grams
500 - 589	6 grams
Remember, burgers and sandwiches ≤ 650 calories	
590 - 689	7 grams
690 - 769	8 grams
770 - 800	9 grams

17. MAIN DISH SALADS

17) Main dish salads: a. Total # Main dish salads	<input type="radio"/> yes # <input type="text"/> <input type="text"/> <input type="radio"/> no	
b. Healthy options	<input type="radio"/> yes # <input type="text"/> <input type="text"/> <input type="radio"/> no	
c. Low-fat or fat free salad dressings	<input type="radio"/> yes # <input type="text"/> <input type="text"/> <input type="radio"/> no	

17a. Total #Main dish salads

Record the total number of main dish salads of any kind listed on the menu and mark “yes.” See definition of main dish salad below. If there are no main dish salads on the menu, mark “no” and write “0” in the # box.

■ Definition of a Main Dish Salad:

A main dish salad is of sufficient size to be the central part of a meal (or a meal in itself) and typically contains at least one protein source as an integral ingredient (see list for examples).

- Do not count salads that are listed under the following sections of the menu or that are clearly smaller in size than the main dish salads (e.g., their price is half of the average main dish salad price):
 - Appetizers
 - Side items, side orders, or sides
 - Extras

- Do not count salads that are indicated for sharing, as is typical in an Italian restaurant.

- Greek or Mediterranean salads should be counted as a main dish salad, if they meet the size/price criterion.

- If in doubt about the ingredients, and the price is similar to other main dishes on the menu, count it as a main dish salad.

- Do not count the following salads as a main dish, unless they have a high-protein ingredient (see *Protein Sources* below).
 - Pasta salad
 - Caesar salad
 - House salad

Protein Sources
<ul style="list-style-type: none"> ■ Tofu ■ Chicken or turkey (poultry) ■ Fish or seafood ■ Beef or pork (do not count bacon as a protein source) ■ Vegetarian chili ■ Pinto beans, soybeans, chickpeas (or hummus) or other legumes ■ Egg (unless used only as a garnish)

17b. Main dish salads: Healthy options

If calorie and fat information are provided and a salad meets the NEMS nutrition criteria of healthy or a healthy symbol or notation (e.g., *light fare, light, heart healthy, healthy*) are provided, mark “yes”. Follow the steps below to count how many salads are healthy options. If not, follow the steps below to count whether the main dish salads meet the NEMS definition of “healthy” based on when nutrition information isn’t available. If none meet the NEMS nutrition criteria with or without the nutrition information available and no healthy symbols are provided, then mark “no”.

If nutrition information is available:

1. Record the number of **main dish salads** that meet **all three** of the following criteria:
 - a) \leq 800 calories
 - b) \leq 30% of calories from fat (see % Fat Chart)
 - c) If saturated fat data are available, then check to see if the items that meet the total fat criterion also have \leq 10% of calories from saturated fat (see % Fat Chart).
2. If there are none that meet the criteria, write a “0” in the # box

If nutrition information is **not** available:

1. Record the number of main dish salads with \leq two high-fat ingredients (see **Supplementary Information** below for list).
2. If there is no low-fat or fat-free dressing available, then the salads cannot be counted as healthy options.
3. If there are none that meet the criteria, or if the salad ingredients are not listed, write a “0” in the # box.

Supplementary Information: Main Dish Salads	
Note: If a salad comes dressed, it cannot be counted as healthful, unless low-fat or fat-free dressing is an option on the menu (included in separate list of dressings).	
Yes	No
<ul style="list-style-type: none"> ▪ Grilled, chargrilled or charbroiled chicken breast salad ▪ Grilled fish or seafood salad ▪ Turkey breast or ham as ingredients ▪ Vegetable salad 	<ul style="list-style-type: none"> ▪ Salads with three or more of the following: <ul style="list-style-type: none"> • Avocado or guacamole • Bacon • Cheese • Croutons • Egg (if already have a protein source) • Fried (crispy) noodles, tortilla strips (or similar fried garnishes) • Nuts • Olives • Pesto • Sausage or pepperoni • Salami, bologna, pastrami, corned beef or other high-fat lunch meat (roast beef, okay) • Sour cream ▪ Mayonnaise-based salads such as tuna salad, chicken salad ▪ Caesar salad ▪ Salad topped with fried chicken or other fried meat ▪ Salad in a fried shell (e.g., taco salad)

17c. Main dish salads: Low-fat or fat free salad dressings

Record whether the restaurant has low-fat or fat free salad dressings. If yes, record how many there are. If none, mark “no” and write “0” in the # box. If nutrition information is available, check to see if any dressings qualify using the fat chart. Some do but may not be labeled as low-fat or fat free.

18. FRUIT

18) Fruit (w/out added sugar)	<input type="radio"/> yes # <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>	
	<input type="radio"/> no	

- Record the number of fruit side dishes without added sugar (see **Supplementary Information** for guidance) and mark “yes”.
 - If the menu lists a fruit cup, ask if it is fresh.
- If there are no fruit side dishes without added sugar, mark “no” and write “0” in the # box.
 - Again, if there is nutrition information, check to make sure that fruit qualifies as sometimes there may be added sugar not noted on the menu.

Supplementary Information: Fruits Without Added Sugar	
Yes	No
<ul style="list-style-type: none"> ■ Fresh fruit or canned fruit (in fruit juice) ■ Fresh fruit compote ■ Fresh fruit salad without dressing or on the side ■ Fresh fruit with yogurt ■ Fresh fruit plate with cottage cheese ■ Fresh fruit on the salad bar 	<ul style="list-style-type: none"> ■ Cinnamon apples ■ Fruit canned in syrup ■ Fruit salad with dressing ■ Applesauce (unless specifically know that no sugar is added)

19. NON-FRIED VEGETABLES (without added sauce)

Menu Review	Choices (#)	Comments
19) Non-fried vegetables (w/out added sauce)	<input type="radio"/> yes # <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>	
	<input type="radio"/> no	

- Look for any vegetables separately listed as “sides” or “extras” and see if they meet the NEMS criteria of non-fried vegetables without added sauce. If there is any indication of a sauce (e.g., steamed broccoli with a buttery sauce), it does **not** count. Also, if vegetables are listed “**separately**” and not as part of an entrée (i.e., you have a choice of vegetables that are grouped below or above the entrée), these can be counted, if they are healthy. Salad listed as a side when the restaurant has low-fat or fat free dressings counts. Again, if there is nutrition information available for the sides, make sure that the vegetable qualifies. For example, it might say “Steamed broccoli” but the nutrition information states 80 calories with 6 grams of fat which would mean that this item would not qualify as a non-fried vegetable.
- Record the number of non-fried vegetables (also without sauce or breading) and mark “yes”. (See **Supplementary Information** for guidance.)

- If there are no vegetables that meet the criteria, mark “no” and write “0” in the # box.

Supplementary Information: Non-fried Vegetables Without Added Sauce	
Note: Do not count vegetables that are a part of a main dish, such as those found in stew or spinach lasagna. Do not count vegetables on the salad bar.	
Yes	No
<ul style="list-style-type: none"> ■ Raw (e.g., sliced tomato) ■ Steamed ■ Grilled or chargrilled ■ Baked ■ Pickled 	<ul style="list-style-type: none"> ■ Mixed dishes, such as lasagna, pot pie, stew, spinach calzone, or shepherd’s pie ■ Fried, stir-fried ■ Breaded ■ Au gratin ■ Casserole ■ Creamed ■ Scalloped ■ With sauce ■ Glazed ■ Sauteed ■ Potatoes ■ Pinto beans or other dried beans or peas

20. DIET SODA

20) Diet Soda	<input type="radio"/> yes <input type="radio"/> no	
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- Record whether the restaurant offers diet soda (<5 calories per serving is considered calorie free).

21. OTHER HEALTHY OR LOW CALORIE BEVERAGE

21) Other healthy or low calorie beverage? _____	<input type="radio"/> yes	
	<input type="radio"/> no	

- Record whether the restaurant offers any additional healthy or low calorie beverage. A low calorie beverage is considered any beverage with ≤ 40 calories per stated serving.
 - Examples: a low calorie drink that is not a soft drink like lemonade sweetened with splenda or nutrasweet, diet Snapple, low-cal Sobe, unsweetened iced tea, bottled/flavored water, Perrier.

22. FACILITATORS AND SUPPORTS

(Note: Always assess the following on the menu, if available, even if you have reviewed the Web site.)

22) Facilitators & Supports		
a. Nutrition information on menu (paper or posted menu)	<input type="radio"/> yes	<input type="radio"/> no
b. Healthy entrees identified on menu	<input type="radio"/> yes	<input type="radio"/> no
c. Reduced-size portions offered on menu	<input type="radio"/> yes	<input type="radio"/> no
	<input type="radio"/> standard	
d. Menu notations that encourage healthy requests	<input type="radio"/> yes	<input type="radio"/> no
e. Other? _____	<input type="radio"/> yes	<input type="radio"/> no

a. Nutrition information

- Nutrition information must be listed for more than one item and also include as a minimum: **Calories and total fat**

b. Healthy entrees identified

- Entrees must be in a separate section identified as healthier choices or have a symbol with a footnote describing them as a healthier choice.
- **Do not** include low-carb or vegetarian notations.

c. Reduced-size portions

- Does the menu offer reduced-size portions, e.g., half-order vs. full-order?
 - Example: Taco Heap..... \$6.79/\$4.25 half
- If multiple-size options are a **standard** part of the menu, mark “standard”.
 - Example: Small vs. large pizza, 6” vs. 12” sub, 6 pc vs. 12 pc fried chicken, regular vs. large burger
- If 22c is “No”, OR “Standard” then mark 24d “N/A”.

d. Encourage healthy requests

- Do menu notations encourage healthy requests and indicate that it would make the selection a healthier choice?
 - Example: Under the “Low-Fat Meals” section, the menu says, “Ask your server for Fat-free Ranch Dressing for salads.”
 - Example: Menu says, “A lighter quantity of rice or beans is no problem—just ask!”
 - Example: Menu says, “Our sandwiches are topped with lettuce, tomato and cheese. For a lower-fat option, ask for lettuce and tomato only.”

e. Other

- Note any other facilitators and supports on the menu. If nothing to note, mark no.

23. BARRIERS

23) Barriers	Select One	Comments
a. Large portion sizes encouraged? Super-sized items on menu	<input type="radio"/> yes <input type="radio"/> no	
b. Menu notations that discourage special requests (e.g., <i>No substitutions</i> or charge for substitutions)	<input type="radio"/> yes <input type="radio"/> no	
c. All-you-can-eat or “unlimited trips”	<input type="radio"/> yes <input type="radio"/> no	
d. Other? _____	<input type="radio"/> yes <input type="radio"/> no	

a. Large portion size encouraged?

- Does the restaurant promote large portion sizes on the menu?
 - Example: Super-sized items
 - Example: Giant spuds
 - Example: Colossal burger
 - Example: The Heap (“A heap of...”)

b. Discourage special requests

- Do menu notations discourage special requests
 - Example: “No substitutions”
 - Example: “Extra charge for substitutions”

c. All-You-Can-Eat or Unlimited Trips

- Example: All-you-can-eat buffet
- Example: “We keep bringing the food until you stay ‘stop’”

- Does **not** include beverages, unless it is a milkshake or ice-cream drink and also does not include a salad bar which was already noted in question 10.

d. Other barriers

- Record other barriers not previously noted and describe in comments. If nothing to note, mark no.
 - Example: free refills on bread or French fries

24. PRICING

24) Pricing	Select One	Comments
a. Sum of individual items compared to combo meal	<input type="radio"/> more <input type="radio"/> less <input type="radio"/> same <input type="radio"/> NA	
b. Healthy entrées compared to regular ones	<input type="radio"/> more <input type="radio"/> less <input type="radio"/> same <input type="radio"/> NA	
c. Charge for shared entrée?	<input type="radio"/> yes <input type="radio"/> no	
d. Smaller portion compared to regular portion	<input type="radio"/> more <input type="radio"/> less <input type="radio"/> same <input type="radio"/> NA	
e. Other	<input type="radio"/> more <input type="radio"/> less <input type="radio"/> same <input type="radio"/> NA	

a. Combo meals

- Identify if combo meals are more, the same, or less than purchasing individual items.

- **Definition of Combo Meal**
 - A combo meal combines several menu items that would otherwise be sold separately.
 - It is not an entrée with side dish(es), but separate items with separate prices, put together as a "combo".
 - It may include a drink but not necessarily.
 - It does not matter if they offer diet drinks (since all McDonald's, Burger King, etc., do this also).
- Example: Burger + fries + soda as a combo, vs. burger + fries + soda separately

b. Healthy entrees compared to regular

- Identify if healthy meal options are more expensive, the same, or less than regular meal options.
 - Based on the healthy meal options you identified in Items #16b and #17b, are similar menu items more expensive, the same, or less expensive?
 - If there are no healthy items, mark NA.
 - If you will need to return to the office to figure out which items are healthy options based on the fat chart and nutrition information, note the prices for the items you think might be the healthy options and their comparisons. An example would be if there was a grilled chicken sandwich and a fried chicken sandwich on the menu. Answer 24b once you have determined if it is a healthy option.

c. Extra charge for shared entrée

- Example: Notation on menu-- “\$1.50 plate charge for shared entrée”

d. Smaller portion pricing

- Is a smaller portion more, the same price, or less than a regular portion?

e. Other

- Note any additional pricing incentives that encourage overeating or healthy eating and describe in comments. If none, mark NA.

25. Kid’s Menu

In general, stick to the kid’s menu as the source of information for answering questions about the kid’s menu. However, if not specifically stated on the kid’s menu or if referred by the kid’s menu to the full menu (e.g., can substitute any other side, but no sides are listed on the kid’s menu), look on the full menu for:

- 1) 1% lowfat, skim or non-fat milk and 100% juice availability,
- 2) whether refills are free on unhealthy drinks, and
- 3) if there are healthy sides.

If any information is obtained from the full menu to answer a kid’s menu question, please note “from full menu” in comments.

Menu Options	Select One	Comments
25) Kid’s menu?	<input type="radio"/> yes <input type="radio"/> no	
a. Age limit	<input type="radio"/> 10 and under <input type="radio"/> 12 and under <input type="radio"/> Other <input type="radio"/> NA	
b. Any healthy entrees?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	

25. Kid’s menu

- Determine whether there is a kid’s menu and record the information in **25**. If there is not a kid’s menu, mark “NA” for items a-m.

a. Age limit

- Record in **25a** the age limit listed on the menu by marking 10 and under, 12 and under, or other. If other is marked, write the age limit on the line provided. If an age limit is not stated on the menu, mark other and write whatever is listed on the menu (e.g., “kids of all ages”). If there is no age limit, meaning adults can order from the kid’s menu, mark “NA”.

b. Healthy entrees

- Record in **25b** whether the kid’s menu contains healthy entrees for lunch or dinner (e.g., grilled chicken sandwich or pasta with tomato sauce). Do **not** consider breakfast items. The burden of proof must be on the kid’s menu to identify that an entrée is healthy or prepared in a healthy way.

Use the following guidelines:

- Healthy preparations such as “grilled”, “baked” or “broiled” generally are considered a healthy choice (e.g., grilled chicken).
- Preparations such as “fried” are **not** considered healthy. Unless otherwise noted, fish and chicken entrees should be considered fried (e.g., chicken fingers or chicken wings).
- Anything with “cheese”, “butter” or a cream sauce as a significant ingredient (e.g., mac ‘n cheese, cheese ravioli, pasta with butter) is **not** considered healthy.
- Anything with red meat is **not** considered healthy (e.g., hamburger, taco, hotdog).
- Green salads are considered a healthy entrée regardless of dressing, unless the protein source does not follow the guidelines above. For example, a salad with fried chicken as the protein source is not a healthy entrée.
- Only** rate a peanut butter and jelly sandwich as healthy, if it is "modified" to be made with whole wheat bread or all fruit preserves (lower sugar).
- Pizza is **not** considered healthy.
- Do **not** automatically consider an item as healthy if it is labeled as “healthy”.
- Do **not** consider items promoted as low carbohydrates as “healthy” options.

c. 100% fruit juice	<input type="radio"/> yes	<input type="radio"/> no	<input type="radio"/> NA	
d. 1% low-fat, skim or non-fat milk	<input type="radio"/> yes	<input type="radio"/> no	<input type="radio"/> NA	
e. Are there free refills on unhealthy drinks?	<input type="radio"/> yes	<input type="radio"/> no	<input type="radio"/> NA	

c-d. 100% juice and milk

- Record in **25c** and **25d** whether the restaurant serves 100% fruit juice and low-fat (1% or ½ %), skim or non-fat milk. Flavored milk does not count.

e. Unhealthy drinks

- Record in **25e** whether there are free refills on unhealthy drinks (e.g., sugared sodas).

f. Are there any healthy side items (either assigned or to choose)?	<input type="radio"/> yes	<input type="radio"/> no	<input type="radio"/> NA	
g. Can you substitute a healthy side for an assigned unhealthy one?	<input type="radio"/> yes	<input type="radio"/> no	<input type="radio"/> NA	
h. Do any entrees that have assigned sides include an assigned healthy side?	<input type="radio"/> yes	<input type="radio"/> no	<input type="radio"/> NA	

f. Healthy sides

- Record in **25f** whether there are healthy side dishes (e.g., rice, salad, beans, low-fat yogurt, cottage cheese, applesauce, etc.).

Use the following guidelines:

- Fruit or vegetables are considered healthy unless things are added to them to make them unhealthy such as added sugar or butter (see Supplemental information: Fruits without added sugar pg. 21 and Non-Fried Vegetables without added sauce pg. 22). Note that although applesauce does **not** count as fruit without added sugar for the full menu review, it does count as a healthy side for kids. Raisins would also count as a healthy side.
- Beans/legumes are considered healthy if they meet the following criteria: 1) Must have nutrition information available; 2) Less than or equal to 30% of calories from fat (see % Fat Chart); and 3) If saturated fat data are available, check to see if the items that meet the total fat criteria also have less than or equal to 10% of calories from saturated fat (see % Fat Chart). These criteria include all varieties of legumes/beans (e.g. kidney, black, lima, pinto) with the exception of green beans/string beans which are considered vegetables.
- Green salads are considered a healthy side regardless of the dressing.
- Raw vegetables served with dipping sauces or dressing (e.g., carrot sticks with ranch dressing) are considered healthy sides.
- Baked chips are considered healthy.
- Mayonnaise or oil-based sides (e.g., coleslaw, potato salad, etc.) are **not** considered healthy.

- Other sides where oil or butter is typically added to the preparation are not considered healthy (e.g., garlic bread, mashed potatoes, stuffing or dressing, etc.)
- Sides with cheese as a primary ingredient are not considered healthy (e.g., macaroni casserole).

g. Healthy side substitutions

- Record in **25g** whether a healthy side item can be substituted for an unhealthy side item (e.g., french fries). An assigned side is one that is designated for a specific entrée on the menu (e.g., hamburger with french fries).
- Mark “NA” when no entrees are assigned a specific side.
- Mark “yes” if two or more side options are assigned to a given entrée and at least one is healthy.

h. Assigned sides

- Record in **25h** whether any entrees that have assigned sides include an assigned healthy side (e.g., steamed veggies). An assigned side is one that is designated for a specific entrée on the menu (e.g., hamburger with french fries).
- Mark “NA” when no entrees are assigned a specific side.

i. Is an unhealthy dessert automatically included in a kid’s meal?	<input type="radio"/> yes	<input type="radio"/> no	<input type="radio"/> NA	
j. Are there any healthy desserts (either free or at additional cost)?	<input type="radio"/> yes	<input type="radio"/> no	<input type="radio"/> NA	

i-j. Desserts

- Record in **25i** whether unhealthy desserts are automatically included in a kid’s meal. Unhealthy desserts include ice cream-based desserts (e.g., sundaes, ice cream smoothies, milkshakes) and other sugar-based desserts (e.g., slushees). If a dessert is not specifically listed (e.g., labelled generically as a “special treat”), consider it an unhealthy dessert.
- Record in **25j** whether there are healthy desserts available, either free or at additional cost. Healthy desserts are fruit without added sugar or unhealthy topping, fruit with a healthy topping added (e.g., low-fat yogurt), or lowfat frozen yogurt.

k. Is nutrition information (e.g., calories or fat) provided on the kid’s menu?	<input type="radio"/> yes	<input type="radio"/> no	<input type="radio"/> NA	
l. Other unhealthful eating promotion?	<input type="radio"/> yes	<input type="radio"/> no	<input type="radio"/> NA	
m. Other healthful eating promotion?	<input type="radio"/> yes	<input type="radio"/> no	<input type="radio"/> NA	

k. Nutrition information

- Record in **25k** whether nutrition information, which includes either **calories or fat**, is listed on the kid's menu.

l. Other unhealthy eating promotion

- Record in **25l** whether there are other unhealthy eating promotions on the kid's menu other than what you have already noted (e.g., free dessert) and describe in comments.

Use the following guidelines:

- Cheaper price indicated for adding more food than if the additional food was purchased separately (e.g., Chillin' Fruit Freezers are 99¢ with the purchase of a Pepper Pal meal; \$2.29 if purchased separately).
- Specific encouragement to add an unhealthy dessert at an inexpensive price (<\$1.50) to the existing meal even when the full price of the dessert is not specified (e.g., Sundae 99¢ with kid's meal purchase).
- Inexpensive desserts that are not specifically encouraged do **not** count as an unhealthy promotion (e.g., \$1.49 sundae is listed under dessert).
- Kids eat free or get a free kids meal with an adult meal purchased is **not** considered an unhealthy promotion.

m. Other healthful eating promotion

- Record in **25m** whether there are any healthy eating promotions on the kid's menu and describe in comments (e.g., substitute whole wheat pasta or order the steamed broccoli!).
- Additional costs for healthy additions to meal combinations (e.g., extra juice box for 79¢) would **not** be considered as a healthy promotion.

**Nutrition Environment Measures Survey (NEMS)
RESTAURANT MEASURES—DATA COLLECTION**

Restaurant ID:
 Rater ID:

Date:
 Month / Day / Year

1) Type of Restaurant: Code #:

2) Data Sources: **Site Visit/Observation** yes no **Take-Away Menu** yes no **Internet** yes no **Interview** yes no

3) Site Visit Information:
 Take-away menu yes no
 Nutrition Information yes no
 Other: yes no
 Other: yes no
 Comments: _____

4) Take-Away Menu Features:
 Nutrition Information yes no
 Identification of Healthier menu items yes no
 Other: yes no
 Other: yes no
 Comments: _____

5) Internet Site Features:
 Menu yes no
 Nutrition Information yes no
 Identification of Healthier menu items yes no
 Other: yes no
 Web Site URL: _____
 Comments: _____

6) Interview Information:
 Menu Options yes no
 Pricing yes no
 Other: yes no
 Comments (describe items above) _____

7) Hours of operation: Data Source(s): Site Menu Web

<p>Sunday <input type="radio"/> open <input type="radio"/> closed <input type="radio"/> B: 6:00-11:00 am <input type="radio"/> L: 11:00 am-3:00 pm <input type="radio"/> D: 5:00 pm to Close <input type="text"/> : <input type="text"/> <input type="radio"/> AM <input type="radio"/> PM</p>	<p>Thursday <input type="radio"/> open <input type="radio"/> closed <input type="radio"/> B: 6:00-11:00 am <input type="radio"/> L: 11:00 am-3:00 pm <input type="radio"/> D: 5:00 pm to Close <input type="text"/> : <input type="text"/> <input type="radio"/> AM <input type="radio"/> PM</p>	<p>Friday <input type="radio"/> open <input type="radio"/> closed <input type="radio"/> B: 6:00-11:00 am <input type="radio"/> L: 11:00 am-3:00 pm <input type="radio"/> D: 5:00 pm to Close <input type="text"/> : <input type="text"/> <input type="radio"/> AM <input type="radio"/> PM</p>	<p>Saturday <input type="radio"/> open <input type="radio"/> closed <input type="radio"/> B: 6:00-11:00 am <input type="radio"/> L: 11:00 am-3:00 pm <input type="radio"/> D: 5:00 pm to Close <input type="text"/> : <input type="text"/> <input type="radio"/> AM <input type="radio"/> PM</p>
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open 24 Hours (If 24 hour, leave *Hours of Operations* section blank)

8) Access: Drive-thru window yes no Parking onsite yes no 9) Size of Restaurant:
 Seating capacity = OR Number of tables =

Comments: _____

Comments: _____

**Nutrition Environment Measures Survey (NEMS)
RESTAURANT MEASURES—DATA COLLECTION**

Restaurant ID:

Date:
Month / Day / Year

Rater ID:

Site Visit (Observation)

Select One

Comments

- | | | |
|---|--|----------------------|
| 10) Restaurant has a salad bar | <input type="radio"/> yes <input type="radio"/> no | <input type="text"/> |
| 11) Signage/Promotions | <input type="radio"/> yes <input type="radio"/> no | <input type="text"/> |
| a. Is nutrition information posted near point-of-purchase, or available in a brochure? | <input type="radio"/> yes <input type="radio"/> no | <input type="text"/> |
| b. Do signs/table tents/displays highlight healthy menu options? | <input type="radio"/> yes <input type="radio"/> no | <input type="text"/> |
| c. Do signs/table tents/displays encourage healthy eating? | <input type="radio"/> yes <input type="radio"/> no | <input type="text"/> |
| d. Do signs/table tents/displays encourage unhealthy eating? | <input type="radio"/> yes <input type="radio"/> no | <input type="text"/> |
| e. Do signs/table tents/displays encourage overeating (all-you-can-eat, super-size, jumbo, grande, supreme, king size, feast descriptors on menu or signage)? | <input type="radio"/> yes <input type="radio"/> no | <input type="text"/> |
| f. Does this restaurant have a low-carb promotion? | <input type="radio"/> yes <input type="radio"/> no | <input type="text"/> |
| g. Other? <input type="text"/> | <input type="radio"/> yes <input type="radio"/> no | <input type="text"/> |

Menu Review/Site visit

- | | | |
|---------------------------------------|--|----------------------|
| 12) a. Chips | <input type="radio"/> yes <input type="radio"/> no | <input type="text"/> |
| b. Baked chips | <input type="radio"/> yes <input type="radio"/> no | <input type="text"/> |
| 13) a. Bread | <input type="radio"/> yes <input type="radio"/> no | <input type="text"/> |
| b. 100% wheat or whole grain bread | <input type="radio"/> yes <input type="radio"/> no | <input type="text"/> |
| 14) 100% fruit juice | <input type="radio"/> yes <input type="radio"/> no | <input type="text"/> |
| 15) 1% Low-fat, skim, or non-fat milk | <input type="radio"/> yes <input type="radio"/> no | <input type="text"/> |

**Nutrition Environment Measures Survey (NEMS)
RESTAURANT MEASURES—DATA COLLECTION**

Restaurant ID:

Date:
Month / Day / Year

Rater ID:

Menu Review	Select One	Choices (#)	Comments
16) Main Dishes/Entrees:	<input type="radio"/> yes	# <input type="text"/>	
a. Total # Main Dishes/Entrees	<input type="radio"/> no		
b. Healthy Options	<input type="radio"/> yes	<input type="text"/>	
	<input type="radio"/> no		
17) Main dish salads:			
a. Total # Main dish salads	<input type="radio"/> yes	<input type="text"/>	
	<input type="radio"/> no		
b. Healthy Options	<input type="radio"/> yes	<input type="text"/>	
	<input type="radio"/> no		
c. Low-fat or fat free salad dressings	<input type="radio"/> yes	<input type="text"/>	
	<input type="radio"/> no		
18) Fruit (w/out sugar)	<input type="radio"/> yes	<input type="text"/>	
	<input type="radio"/> no		
19) Non-fried vegetables (w/out sauce)	<input type="radio"/> yes	<input type="text"/>	
	<input type="radio"/> no		
20) Diet soda	<input type="radio"/> yes		
	<input type="radio"/> no		
21) Other healthy or low calorie beverage?	<input type="radio"/> yes		
	<input type="radio"/> no		

**Nutrition Environment Measures Survey (NEMS)
RESTAURANT MEASURES—DATA COLLECTION**

Restaurant ID:

Date:
Month / Day / Year

Rater ID:

Menu Review/Site Visit

Select One

Comments

22) a. Nutrition information on menu (paper or posted menu) yes no _____

b. Healthy entrees identified on menu yes no _____

c. Reduced-size portions offered on menu yes no _____
 standard _____

d. Menu notations that encourage healthy requests yes no _____

e. Other? _____ yes no _____

23) Barriers

a. Large portion sizes encouraged? yes no _____
 Super-size items on menu _____

b. Menu notations that discourage special requests yes no _____
 (e.g. *No substitutions* or charge for substitutions) _____

**Nutrition Environment Measures Survey (NEMS)
RESTAURANT MEASURES—DATA COLLECTION**

Restaurant ID: - -

Date: / /
Month / Day / Year

Rater ID:

23) Barriers (Cont.)

Select One

Comments

c. All-you-can-eat or “Unlimited trips”

- yes
- no

d. Other? _____

- yes
- no

24) Pricing

a. Sum of individual items compared to combo meal

- more less
- same NA

b. Healthy entrees compared to regular ones

- more less
- same NA

c. Charged for shared entrée?

- yes
- no

d. Smaller portion compared to regular portion
(If 22c is No or Standard then mark N/A.)

- yes NA
- no

e. Other? _____

- more less
- same NA

Nutrition Environment Measures Survey (NEMS)

RESTAURANT MEASURES—DATA COLLECTION

Restaurant ID:

Date:
Month / Day / Year

Rater ID:

Menu Review	Select One	Comments
25) Kid's menu?	<input type="radio"/> yes <input type="radio"/> no	_____
a. Age limit	<input type="radio"/> 10 & Under <input type="radio"/> 12 & Under <input type="radio"/> Other <input type="radio"/> NA	_____
b. Any healthy entrees?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____
c. 100% fruit juice	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____
d. 1% low-fat, skim or non-fat milk	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____
e. Are there any free refills on unhealthy drinks?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____
f. Are there any healthy side items (either assigned or to choose)?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____ _____
g. Can you substitute a healthy side for an assigned unhealthy one?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____ _____
h. Do any entrees that have assigned sides include an assigned healthy side?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____ _____
i. Is an unhealthy dessert automatically included in a kid's meal?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____ _____
j. Are there any healthy desserts (either free or at additional cost)?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____ _____
k. Is nutrition information (e.g. calories or fat) provided on the kid's menu?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____ _____
l. Other unhealthful eating promotion?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____
m. Other healthful eating promotion?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____

NEMS Scoring Sheet for Restaurants**Restaurant:**

Sources of Information		
Measure	Points Allotted	Total Points
Site Visit: Nutrition Information	Yes = 3 points	
Menu (take away or in-house): Nutrition information on menu	Yes = 3 points	
Menu(take away or in-house): ID of healthier menu items	Yes = 2 points	
Internet: Nutrition information	Yes = 2 points	
Internet: ID of healthier menu items	Yes = 2 points	
Site Visit (Observation)	Subtotal=	
Salad Bar	No points	
Nutrition information at P-O-P	Yes = 3 points	
Signs/banners show healthy menu options	Yes = 3 points	
Signs encourage healthy eating	Yes = 3 points	
Signs encourage unhealthy eating	Yes = -3 points	
Signs/banners encourage overeating	Yes = -3 points	
Low carb promotion	Yes = -3 points	
Menu Review/Site Visit	Subtotal=	
Baked chips	Yes = 3 points	
Whole Grain bread	Yes = 3 points	
100 % fruit juice	Yes = 3 points	
1% low-fat, skim or non-fat milk	Yes = 3 points	
Menu Review	Subtotal=	
Main dishes/entrees: Healthy Options	1 choice = 1 point 2-4 choices = 2 points 5+ choices = 3 points	
Main dish salads: Healthy Options	1 choice = 1 point 2-4 choices = 2 points 5+ choices = 3 points	
Low-fat or fat free salad dressings	1 choice = 1 point 2 choices = 2 points 3+ choices = 3 points	
Fruit w/o added sugar	Yes = 3 points	
Non-fried side of vegetables	Yes = 3 points	
Diet soda	Yes = 3 points	
Facilitators & Supports (Menu Review)	Subtotal=	
Nutrition information on menu Or Healthy entrée identified on menu	Yes = 3 points	
Reduced-size portions offered on menu	Yes = 3 points	
Menu notations that encourage healthy requests	Yes = 3 points	
Barriers (Menu Review)	Subtotal=	
Super-sizing, large sizes encouraged	Yes = -3 points	
Menus discourages special requests	Yes = -3 points	
All-you can eat or unlimited trips	Yes = -3 points	
Pricing	Subtotal=	

Appendix Survey 2: Nutrition Environment Measures Survey (NEMS) Restaurant Measures

Combo meal cheaper than individual items (sum = "more")	Yes = -3 points	
Healthy entrees cost more than regular ones	Yes = -3 points	
Charge for shared entrée	Yes = -3 points	
Smaller portion at reduced \$\$	Yes = 3 points	
	Subtotal=	
Total NEMS Restaurant Score=		

Outlet ID: |_|_|_|_|_|_|_|_|_|

Rater ID: |_|_|_|_|_|_|_|_|_|

Audit Date: |_|_|-|_|_|-|_|_|

Audit start time: |_|_|:|_|_| am pm

Store type:

- Grocery store
- Convenience store
- Variety (department, dollar, drug) store
- Other store

MILK

1. Is 1% low-fat, skim, or non-fat milk available?

No Yes

BREAD PRODUCTS

2. Is 100% wheat or whole grain bread available?

No Yes

3. Are bagels available (package or single)?

No Yes

CHIPS

4. Are low-fat chips available (less than or = 3 grams of fat per 1 ounce serving)?
(if no skip to question 6)

No Yes

5. How many different types and/or brands of low-fat chips are available?
(circle one choice below)

Only one type or brand

Two types or brands

Three or more types or brands

FRUIT JUICE

6. Is 100% fruit juice available (100% fruit juice on label, no added sugar)

No Yes

FRUIT AVAILABILITY - INDICATE AVAILABILITY BY SELECTING YES OR NO.

7. Bananas

No Yes

8. Pears

No Yes

9. Apples

No Yes

10. Oranges

No Yes

11. Grapes

No Yes

12. Cantaloupe

No Yes

13. Peaches

No Yes

14. Honeydew melon

No Yes

15. Watermelon

No Yes

16. Strawberries

No Yes

FRUIT QUALITY

17. Apple quality (*circle one choice below, skip if apples not available*)

Acceptable = peak condition, top quality, good color, fresh, firm and clean.

Unacceptable = bruised, old looking, mushy, dry, overripe, dark sunken spots in irregular patches or cracked or broken surfaces, signs of shriveling, mold or excessive softening.

VEGETABLE AVAILABILITY - INDICATE AVAILABILITY BY SELECTING YES OR NO.

18. Carrots

No Yes

19. Lettuce

No Yes

20. Cauliflower

No Yes

HOTDOGS

21. Fat-free hotdogs (less than or = 1 gram of fat per serving) available?

No Yes

22. Low-fat or reduced fat hotdogs (less than or = 7 grams of fat per serving) available?

No Yes

CEREAL

23. Healthy cereals (less than 7 grams sugar per serving) available?

No Yes

GROUND MEAT

24. Lean ground beef (less than or =10% fat) available? *(if no skip question 25)*

No Yes

25. How many different types of low-fat ground meat products are available?
(circle a single choice below)

0 1 2 3 4 5 6 or more

Audit End Time: |_|_| : |_|_| am pm

Outlet ID: |_|_|_|_|_|_|_|_|

Rater ID: |_|_|_|_|_|_|_|_|

Audit Date: |_|_|-|_|_|-|_|_|

Audit start time: |_|_|:|_|_| am pm

Restaurant type:

- Sit-down restaurant
- Fast casual restaurant
- Fast food restaurant
- Specialty restaurant

MENU REVIEW

1. Is 1% low-fat, skim, or non-fat milk available?
No Yes
2. Is 100% fruit juice available?
No Yes
3. Is 100% wheat or whole grain bread available?
No Yes
4. Are baked chips available (≤ 3 grams fat/serving)?
No Yes
5. Is fruit (w/out added sugar) available?
No Yes
6. Are non-fried vegetables without added sauce available?
No Yes

7. Are healthy main dish salads available?

- a. A main dish salad is of sufficient size to be the central part of a meal (or a meal in itself) and typically contains at least one protein source as an integral ingredient.
- b. Identified as "*light fare*," "*light*," "*heart healthy*," "*healthy*," on menu.

OR

- c. ≤ 800 calories, $\leq 30\%$ fat and have $\leq 10\%$ saturated fat.

No Yes

8. Are healthy options available for main dishes and entrees?

- a. Identified as "*light fare*," "*light*," "*heart healthy*," "*healthy*," on menu.

OR

- b. Entrees/main dishes (except burgers and sandwiches) that are ≤ 800 calories, $\leq 30\%$ fat and have $\leq 10\%$ saturated fat.
- c. Burgers and sandwiches that are ≤ 650 calories, $\leq 30\%$ fat and have $\leq 10\%$ saturated fat.

No Yes

9. Are healthy entrees identified on menu?

No Yes

SIGNAGE AND PROMOTIONS

10. Is nutrition information posted near point-of-purchase, or available in a brochure?

No Yes

11. Do signs/table tents/displays highlight healthy menu options?

No Yes

12. Do signs/table tents/displays encourage healthy eating?

No Yes

13. Do signs/table tents/displays encourage overeating?

No Yes

NUTRITION INFORMATION

14. Is nutrition information available on site?

No Yes

15. Is nutrition information on the in-outlet menu?

No Yes

16. Does outlet have a take-away menu? *(If no skip to question 21)*

No Yes

17. Is there nutrition information on the take-away menu?

No Yes

18. Are healthier menu items identified on the take-away menu?

No Yes

NUTRITION INFORMATION: WEBSITE

19. Does outlet have a website? *(If no skip to question 24)*

No Yes

20. Is nutrition information available on the website?

No Yes

21. Does the internet site identify healthier menu items?

No Yes

BARRIERS

22. All-you-can-eat or "unlimited trips"?

No Yes

23. Menu notations that encourage large portion sizes.

No Yes

24. Menu notations that discourage special requests.

No Yes

Audit End Time: |__|__| : |__|__| am pm

Appendix Table 5: Reduced Item Audit Tool Store Scoring Instructions

1. For each store type multiply the required question value by the corresponding coefficient.
2. Sum the products (value x coefficient) with the value of the constant to produce the total score.

Question #	Required Audit Tool Question ¹	Value	Coeff.
Grocery Stores			
1	1% low-fat, skim, or non-fat milk available	0=no, 2=yes	2.260
2	100% wheat or whole grain bread available	0=no, 2=yes	1.900
3	Bagels available (package or single)	0=no, 2=yes	1.442
5	Number of different types and/or brands of low-fat chips available	0=none 1=1 variety 2=2 varieties 3>2 varieties	2.349
7-16	Total number of fruits available	0-10	0.819
17	Apple quality	UA=-1, A=1, no apples=0	5.059
20	Cauliflower available	0=no, 1=yes	2.056
25	Number of low-fat ground meat products available	0-6	0.729
	constant	NA	1.371
Convenience Stores			
1	1% low-fat, skim, or non-fat milk available	0=no, 2=yes	1.620
2	100% wheat or whole grain bread available	0=no, 2=yes	0.896
3	Bagels available (package or single)	0=no, 2=yes	1.354
4	Low-fat chips available	0=no, 2=yes	1.471
6	100% fruit juice available	0=no, 2=yes	0.540
7	Bananas available	0=no, 1=yes	2.073
17	Apple quality	UA=-1, A=1, no apples=0	2.993
18	Carrots available	0=no, 1=yes	4.390
21	Fat-free hotdogs available	0=no, 2=yes	3.980
23	Healthy cereals available	0=no, 2=yes	1.139
	constant	NA	1.770
Variety Stores			
1	1% low-fat, skim, or non-fat milk available	0=no, 2=yes	1.893
2	100% wheat or whole grain bread available	0=no, 2=yes	1.448
3	Bagels available (package or single)	0=no, 2=yes	1.508
4	Low-fat chips available	0=no, 2=yes	1.613
6	100% fruit juice available	0=no, 2=yes	1.778
7-16	Total number of fruits available	0-10	0.424
21, 22	Fat-free <i>or</i> reduced fat/low-fat hotdogs available	0=no, 2=yes	2.595
	constant	NA	1.554
Other Stores			
1	1% low-fat, skim, or non-fat milk available	0=no, 2=yes	2.542
2	100% wheat or whole grain bread available	0=no, 2=yes	2.809
3	Bagels available (package or single)	0=no, 2=yes	2.774
7	Bananas available	0=no, 1=yes	4.129
19	Lettuce available	0=no, 1=yes	3.513
	constant	NA	2.442

1. When outlet type has not been determined prior to survey administration, collection of all reduced survey items will assure that the required data is available to compute the survey score.

Appendix Table 6: Reduced Item Audit Tool Restaurant Scoring Instructions

1. For each restaurant type multiply the required question value by the corresponding coefficient.
2. Add these (question value x coefficient) together with the value of the constant to produce the total score.

Restaurant type	Required Question ¹	Value	Coeff.	Restaurant type	Required Question	Value	Coeff.
Sit-down Restaurants				Fast food Restaurants			
Sit-down	1	0=no, 1=yes	2.693	Fast food	1	0=no, 1=yes	2.765
Sit-down	2	0=no, 1=yes	3.533	Fast food	2	0=no, 1=yes	3.569
Sit-down	3	0=no, 1=yes	4.119	Fast food	3	0=no, 1=yes	3.903
Sit-down	5	0=no, 1=yes	2.459	Fast food	5	0=no, 1=yes	4.396
Sit-down	6	0=no, 1=yes	2.958	Fast food	6	0=no, 1=yes	2.839
Sit-down	7	0=no, 1=yes	2.152	Fast food	7	0=no, 1=yes	3.238
Sit-down	8	0=no, 1=yes	2.626	Fast food	8	0=no, 1=yes	1.467
Sit-down	9	0=no, 1=yes	3.789	Fast food	9	0=no, 1=yes	3.663
Sit-down	10	0=no, 1=yes	3.263	Fast food	10	0=no, 1=yes	2.421
Sit-down	11	0=no, 1=yes	3.607	Fast food	12	0=no, 1=yes	5.478
Sit-down	12	0=no, 1=yes	4.210	Fast food	13	0=no, 1=yes	-4.396
Sit-down	14	0=no, 1=yes	4.046	Fast food	14	0=no, 1=yes	3.499
Sit-down	17	0=no, 1=yes	3.345	Fast food	15	0=no, 1=yes	2.420
Sit-down	21	0=no, 1=yes	3.912	Fast food	17	0=no, 1=yes	2.974
Sit-down	22	0=no, 1=yes	-4.279	Fast food	18	0=no, 1=yes	3.299
Sit-down	24	0=no, 1=yes	-3.096	Fast food	20	0=no, 1=yes	1.574
Sit-down	constant	NA	2.243	Fast food	21	0=no, 1=yes	2.326
Fast Casual Restaurants				Fast food	23	0=no, 1=yes	-4.337
Fast casual	1	0=no, 1=yes	2.628	Fast food	24	0=no, 1=yes	-2.951
Fast casual	2	0=no, 1=yes	2.626	Fast food	constant	NA	1.519
Fast casual	3	0=no, 1=yes	3.323	Specialty Restaurants			
Fast casual	4	0=no, 1=yes	3.982	Specialty	1	0=no, 1=yes	2.637
Fast casual	5	0=no, 1=yes	4.044	Specialty	2	0=no, 1=yes	3.569
Fast casual	6	0=no, 1=yes	3.487	Specialty	3	0=no, 1=yes	3.903
Fast casual	7	0=no, 1=yes	2.157	Specialty	5	0=no, 1=yes	3.211
Fast casual	8	0=no, 1=yes	1.619	Specialty	7	0=no, 1=yes	2.797
Fast casual	9	0=no, 1=yes	2.521	Specialty	8	0=no, 1=yes	2.527
Fast casual	12	0=no, 1=yes	5.151	Specialty	12	0=no, 1=yes	3.026
Fast casual	14	0=no, 1=yes	7.481	Specialty	13	0=no, 1=yes	7.130
Fast casual	17	0=no, 1=yes	2.778	Specialty	14	0=no, 1=yes	4.126
Fast casual	21	0=no, 1=yes	4.412	Specialty	15	0=no, 1=yes	3.153
Fast casual	22	0=no, 1=yes	-6.078	Specialty	17	0=no, 1=yes	3.002
Fast casual	Constant	NA	2.058	Specialty	20	0=no, 1=yes	2.980
				Specialty	24	0=no, 1=yes	-3.308
				Specialty	constant	NA	1.120

1. When outlet type has not been determined prior to survey administration, collection of all reduced survey items will assure that the required data is available to compute the survey score.

Appendix Table 7: NEMS-S and Reduced Item Audit Tool-Stores: comparison of items required to compute scores

NEMS-S Full Survey	Reduced Item Survey - Stores	
Availability of Healthier Item	Availability	Required for Outlet Type
Milk - low-fat/skim	Low-fat milk (skim or 1%)	1, 2, 3, 4
Milk - Proportion (lowest-fat to whole)	Bananas	2
Total fruit types ^a	Total fruit types ^e	3
Total vegetables types ^b	Carrots	2
	Cauliflower	1
	Lettuce	4
Ground Beef - varieties (≤10% fat)	Varieties lean ground beef (≤10% fat)	1
Hot dogs – fat-free	Fat-free hot dogs	2
Hot dogs - light, not fat-free	Low-fat hot dogs	3
Frozen dinners – 3 reduced fat types		
Baked goods – any low-fat item	Bagels	1, 2, 3, 4
Beverages - 100 % fruit juice	100 % fruit juice	2, 3
Beverages – diet soda		
Bread - 100% wheat or whole grain bread	100% wheat or whole grain bread	1, 2, 3, 4
Baked chips - any	Low-fat chips - any	2, 3
Baked chips – number of varieties	Low-fat chip - number of varieties	1
Cereal – healthier cereal	Healthy cereal	2, 4
Price		
Milk – low-fat/skim		
Milk - whole		
Ground Beef – price lean		
Ground Beef – price regular		
Frozen dinners – price reduced fat		
Frozen dinners – price regular		
Baked goods – price low-fat		
Baked goods – price regular		
Beverages – price diet soda		
Beverages – price regular soda		
Beverages – price 100% juice		
Beverages – price juice drink		
Bread –price whole grain		
Bread – price white		
Chips – price low-fat		
Chips – price regular		
Cereal – price healthier		
Cereal – price regular		
Quality		
All fruit types ^a	Apple quality	1,2
All vegetable types ^b		

1. Grocery store

2. Convenience store

3. Variety store

4. Other store

a. Availability of bananas, apples, oranges, pears, peaches, strawberries, watermelon, grapes, cantaloupe, honeydew melon.

b. Availability of carrots, tomatoes, sweet peppers, broccoli, lettuce, corn, celery, cucumbers, cabbage, cauliflower.

Appendix Table 8: NEMS-R and Reduced Item Audit Tool-Restaurants: comparison of items required to compute scores

NEMS-R Full Survey	Reduced Item Survey - Restaurants	
Sources of Information	Nutrition Information	Required for Outlet Type
Site Visit: Nutrition Information	Nutrition information available on-site	1, 2, 3, 4
Menu (take away/in-house): Nutrition information on menu	Nutrition information on in-outlet menu	3, 4
Menu(take away or in-house): ID of healthier menu items	Nutrition information on take-away menu	1, 2, 3, 4
Internet: Nutrition information	Nutrition information on internet	3, 4
Internet: ID of healthier menu items		
Site Visit (Observation)	Signage and Promotions	
Nutrition information at P-O-P	Nutrition information at P-O-P	1, 3
Signs/banners show healthy menu options	Healthy menu options highlighted	1
Signs encourage healthy eating	Healthy eating encouraged	1, 2, 3, 4
Signs encourage unhealthy eating		
Signs/banners encourage overeating	Overeating encouraged	3,4
Low carb promotion		
Menu Review/Site Visit	Availability	
Baked chips	Baked chips	2
Whole Grain bread	100% wheat or whole grain bread	1, 2, 3, 4
100 % fruit juice	100 % fruit juice	1, 2, 3, 4
1% low-fat, skim or non-fat milk	1% low-fat, skim or non-fat milk	1, 2, 3, 4
Menu Review		
Main dishes/entrees: number of healthy options	Main dishes/entrees: healthy options available (yes/no)	1, 2, 3, 4
Main dish salads: number of healthy options	Main dish salads: healthy options available (yes/no)	1, 2, 3, 4
Low-fat or fat free salad dressings: number of choices		
Fruit w/o added sugar	Fruit w/o added sugar	1, 2, 3, 4
Non-fried side of vegetables	Non-fried side of vegetables	1, 2, 3, 4
Diet soda		
Facilitators & Supports (Menu Review)		
Nutrition information on menu Or Healthy entrée identified on menu	Healthy entrees identified - on-site menu	1, 2, 3
Reduced-size portions offered on menu	Healthier items identified - take-away menu	3
Menu notations that encourage healthy requests	Healthier items identified - internet menu	1, 2, 3
Barriers (Menu Review)	Barriers to healthy eating	
Super-sizing, large sizes encouraged	Large portion sizes encouraged on menu	3
Menus discourages special requests	Menus discourages special requests	1, 3, 4
All-you can eat or unlimited trips	All-you-can-eat or unlimited trips	1, 2
Pricing		
Combo meal cheaper than individual items (sum = "more")		
Healthy entrees cost more than regular ones		
Charge for shared entrée		
Smaller portion at reduced \$\$		