

## 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.

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.

## 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
- Benihana - <http://www.benihana.com/>
- Cheesecake Factory - <http://www.cheesecakefactory.com/>
- Chili's Grill & Bar - <http://www.chilis.com/>
- Denny's- <http://www.dennys.com/>
- Don Pablo's
- Golden Corral
- Hard Rock Cafe
- International House of Pancakes or IHOP
- Olive Garden
- Outback Steakhouse- <http://www.outback.com/>
- P.F. Chang's China Bistro - <http://www.pfchangs.com/>
- Planet Hollywood - <http://www.planethollywood.com/>
- Qdoba Mexican Grill - <http://www.qdoba.com/>
- Ruby Tuesday
- Sizzler - <http://www.sizzler.com/home/home.html>
- TGI Friday's - <http://www.tgifridays.com/>
- Thaicoon
- Todai Seafood Buffet - <http://www.todai.com/>
- Top Spice
- Touch of India
- 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
- Famous Pub and Sports Palace
- Maggie's Neighborhood Bar & Grill
- 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](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:

- 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
- 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:

- Caribou Coffee
- Dunkin' Donuts
- Krispy Kreme
- 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:

- Baskin Robbins
- Cold Stone Creamery
- Planet Smoothie
- 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!

**ALL PAGES**

Restaurant ID:  ---

Date:   /   /

Rater ID:

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

- Restaurant ID
- Today's date
- Rater ID

**PAGE 1**

**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).

<b>NEMS Restaurant Code List</b>		
<b>Code #</b>	<b>Type of Restaurant</b>	<b>Examples</b>
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:

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

<b>3) Site Visit Information:</b>	<b>4) Take-Away Menu Features:</b>	<b>5) Internet Site Features:</b>	<b>6) Interview Information:</b>
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:**

<b>7) Hours of Operation:</b>				<b>Data Source(s):</b> <input type="radio"/> Site <input type="radio"/> Menu <input type="radio"/> Web			
<b>Sunday</b> <input type="radio"/> Open <input type="radio"/> Closed		<b>Thursday</b> <input type="radio"/> Open <input type="radio"/> Closed		<b>Friday</b> <input type="radio"/> Open <input type="radio"/> Closed		<b>Saturday</b> <input type="radio"/> Open <input type="radio"/> Closed	
<input type="radio"/> <b>B:</b> 6:00 – 11:00 am		<input type="radio"/> <b>B:</b> 6:00 – 11:00 am		<input type="radio"/> <b>B:</b> 6:00 – 11:00 am		<input type="radio"/> <b>B:</b> 6:00 – 11:00 am	
<input type="radio"/> <b>L:</b> 11:00 am – 3:00 pm		<input type="radio"/> <b>L:</b> 11:00 am – 3:00 pm		<input type="radio"/> <b>L:</b> 11:00 am – 3:00 pm		<input type="radio"/> <b>L:</b> 11:00 am – 3:00 pm	
<input type="radio"/> <b>D:</b> 5:00 pm to Close		<input type="radio"/> <b>D:</b> 5:00 pm to Close		<input type="radio"/> <b>D:</b> 5:00 pm to Close		<input type="radio"/> <b>D:</b> 5:00 pm to Close	
□□:□□ <input type="radio"/> AM <input type="radio"/> PM		□□:□□ <input type="radio"/> AM <input type="radio"/> PM		□□:□□ <input type="radio"/> AM <input type="radio"/> PM		□□:□□ <input type="radio"/> AM <input type="radio"/> PM	
<input type="radio"/> <b>Open 24 Hours</b> (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:**

<b>8) Access: Drive-thru window</b>	<b>Parking onsite</b>
<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.
  - 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:**

**9) Size of Restaurant:**

○ Seating capacity = \_\_\_\_\_ OR ○ Number of tables = \_\_\_\_\_

Comments: \_\_\_\_\_

**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	
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- 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 <b>healthy</b> eating?	<input type="radio"/> yes	<input type="radio"/> no	
d. Do signs/table tents/displays encourage <b>unhealthy</b> 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  $\leq 3$  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)  $\leq 800$  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. Count the number of a la carte **burgers and sandwiches** that meet **all three** of the following criteria:
  - a)  $\leq 650$  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
<b>Remember, burgers and sandwiches ≤ 650 calories</b>	
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

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

### **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.

<b>Supplementary Information: Main Dish Salads</b>	
<b>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).</b>	
<b>Yes</b>	<b>No</b>
<ul style="list-style-type: none"> <li>▪ Grilled, chargrilled or charbroiled chicken breast salad</li> <li>▪ Grilled fish or seafood salad</li> <li>▪ Turkey breast or ham as ingredients</li> <li>▪ Vegetable salad</li> </ul>	<ul style="list-style-type: none"> <li>▪ Salads with three or more of the following:               <ul style="list-style-type: none"> <li>• Avocado or guacamole</li> <li>• Bacon</li> <li>• Cheese</li> <li>• Croutons</li> <li>• Egg (if already have a protein source)</li> <li>• Fried (crispy) noodles, tortilla strips (or similar fried garnishes)</li> <li>• Nuts</li> <li>• Olives</li> <li>• Pesto</li> <li>• Sausage or pepperoni</li> <li>• Salami, bologna, pastrami, corned beef or other high-fat lunch meat (roast beef, okay)</li> <li>• Sour cream</li> </ul> </li> <li>▪ Mayonnaise-based salads such as tuna salad, chicken salad</li> <li>▪ Caesar salad</li> <li>▪ Salad topped with fried chicken or other fried meat</li> <li>▪ Salad in a fried shell (e.g., taco salad)</li> </ul>

**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 type="text"/> <input type="text"/> <input type="radio"/> no	
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- 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.

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

## 19. NON-FRIED VEGETABLES (without added sauce)

<b>Menu Review</b>	<b>Choices (#)</b>	<b>Comments</b>
19) Non-fried vegetables (w/out added sauce)	<input type="radio"/> yes # <input type="text"/> <input 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.

<b>Supplementary Information: Non-fried Vegetables Without Added Sauce</b>	
<b>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.</b>	
Yes	No
<ul style="list-style-type: none"> <li>■ Raw (e.g., sliced tomato)</li> <li>■ Steamed</li> <li>■ Grilled or chargrilled</li> <li>■ Baked</li> <li>■ Pickled</li> </ul>	<ul style="list-style-type: none"> <li>■ Mixed dishes, such as lasagna, pot pie, stew, spinach calzone, or shepherd’s pie</li> <li>■ Fried, stir-fried</li> <li>■ Breaded</li> <li>■ Au gratin</li> <li>■ Casserole</li> <li>■ Creamed</li> <li>■ Scalloped</li> <li>■ With sauce</li> <li>■ Glazed</li> <li>■ Sauteed</li> <li>■ Potatoes</li> <li>■ Pinto beans or other dried beans or peas</li> </ul>

## 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	
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- Record whether the restaurant offers any additional healthy or low calorie beverage. A low calorie beverage is considered any beverage with  $\leq 40$  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**

<b>24) Pricing</b>	<b>Select One</b>		<b>Comments</b>
a. Sum of individual items compared to combo meal	<input type="radio"/> more <input type="radio"/> same	<input type="radio"/> less <input type="radio"/> NA	
b. Healthy entrées compared to regular ones	<input type="radio"/> more <input type="radio"/> same	<input type="radio"/> less <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"/> same	<input type="radio"/> less <input type="radio"/> NA	
e. Other? _____	<input type="radio"/> more <input type="radio"/> same	<input type="radio"/> less <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 unhealthful 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.