



## Appendix

Nutrition Environment Measures Study in Restaurants  
(NEMS-R): Development and Evaluation  
(Saelens B, Glanz K, Sallis J, Frank L. *Amer J Prev Med* 2007)

In this appendix, you will find the following:

- NEMS-R Measurement Forms (restaurant measures survey)
- NEMS-R Protocol (instructions on how to complete the survey)
- NEMS-R Rationale (explanation of the items in the survey)

### Using the Measures – and Training

You can obtain the NEMS-R tools, protocol and rationale here. There is no charge for using the measures, but appropriate acknowledgment should be given. Also, we encourage you to consider attending one of our NEMS trainings to receive hands-on practice and instruction on the tools. The training is free, but participants are responsible for travel costs. The study demonstrated the tool to be reliable and supported its validity, but solid training on how to complete the tool is necessary to ensure reliability. The training workshops also provide guidance on identification of restaurants in a defined area, data analysis, quality assurance, and related issues. You can learn more about the NEMS trainings and training dates by visiting our website at [www.sph.emory.edu/NEMS](http://www.sph.emory.edu/NEMS). Online training will be available in the future.

### Modifications

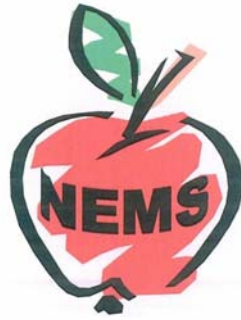
The NEMS-R tool may be adapted or tailored to your project/research goals and to the community/ies that you are assessing. However, if you decide to modify the measures, we strongly encourage you and others to pre-test it to make sure that the modifications work (i.e., everyone understands and can properly complete them, and that the measures identify variation in what you're examining). These modifications could consist simply of adding more transportation items to the cover page, or more substantial changes such as adding a new measure to the restaurant tool. Do not be alarmed if it takes multiple attempts to arrive at the modifications that you ultimately use.

It should be noted that since the study's completion, an additional category of Fast Casual (FC) for restaurant classification was created beyond what was cited in the article. Also, an expanded section on the children's menu has been developed and is available upon request. Please share with us any modifications that you may decide to do, so we can share it with others.

If you have any questions, please contact us at [nems-project@sph.emory.edu](mailto:nems-project@sph.emory.edu).

**Source:** Glanz K, Clawson M, Young M, Carvalho M. *Nutrition Environment Measures Training Manual*. Atlanta: Emory University, 2006.

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# **NEMS-R**

# **Measurement Forms**

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

Restaurant ID:  -  -  -

Date:  /  /   
Month / Day / Year

Rater ID:

1) Type of Restaurant: Code #

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

**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

**Sunday**  Open  Closed

B: 6:00 - 11:00am

L: 11:00 am - 3:00 pm

D: 5:00 pm to Close

:   AM  PM

Open 24 Hours (If 24-hr, leave *Hours of Operation section* blank)

**Thursday**  Open  Closed

B: 6:00 - 11:00am

L: 11:00 am - 3:00 pm

D: 5:00 pm to Close

:   AM  PM

**Friday**  Open  Closed

B: 6:00 - 11:00am

L: 11:00 am - 3:00 pm

D: 5:00 pm to Close

:   AM  PM

**Saturday**  Open  Closed

B: 6:00 - 11:00am

L: 11:00 am - 3:00 pm

D: 5:00 pm to Close

:   AM  PM

**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

yes  no

\_\_\_\_\_

11) Signage/Promotions

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

yes  no

\_\_\_\_\_

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

yes  no

\_\_\_\_\_

c. Do signs/table tents/displays encourage **healthy** eating?

yes  no

\_\_\_\_\_

d. Do signs/table tents/displays encourage unhealthy eating?

yes  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)?

yes  no

\_\_\_\_\_

f. Does this restaurant have a low-carb promotion?

yes  no

\_\_\_\_\_

g. Other? \_\_\_\_\_

yes  no

**Menu Review/Site visit**

12) a. Chips

yes  no

\_\_\_\_\_

b. Baked chips

yes  no

\_\_\_\_\_

13) a. Bread

yes  no

\_\_\_\_\_

b. 100% wheat or whole grain bread

yes  no

\_\_\_\_\_

14) 100% fruit juice

yes  no

\_\_\_\_\_

15) 1% Low-fat, skim, or non-fat milk

yes  no

\_\_\_\_\_

**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:	<input type="radio"/> yes	# <input type="text"/>	_____
a. Total # Main dish salads	<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 added sugar)	<input type="radio"/> yes	# <input type="text"/>	_____
	<input type="radio"/> no		_____
19) Non-fried vegetables (w/out added 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="text"/>	<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/Site Visit**

22) Facilitators & Supports

**Select One**

**Comments**

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. Charge for shared entree?  yes  
 no

---

---

d. Smaller portion compared to regular portion  
(if 22c is No or Standard then mark N/A)  more  less  
 same  NA

---

---

e. Other? \_\_\_\_\_  more  less  
 same  NA

---

---

**Nutrition Environment Measures Study (NEMS)  
RESTAURANT MEASURES--DATA COLLECTION**

Restaurant ID:   -  -   -

Date:   /   /    
Month Day Year

Rater ID:

**Menu Review**

**Select One**

**Comments**

25) Kid's menu?

yes  no  DK

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---

a. Healthy choices

yes  no  NA

---



---

b. 100% fruit juice

yes  no  NA

---



---

c. Milk

yes  no  NA

---



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d. Other? \_\_\_\_\_

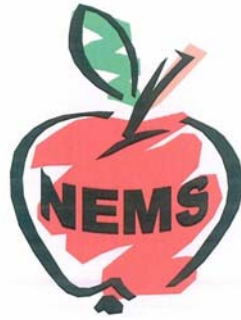
yes  no  NA

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# **NEMS-R Protocol**

## 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.wikipedi.org/wiki/Fast\\_casual\\_restaurant](http://en.wikipedi.org/wiki/Fast_casual_restaurant)) 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="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"/> <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:**

<p><b>9) Size of Restaurant:</b></p> <p><input type="radio"/> Seating capacity = _____      OR      <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	
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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.

## 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  $\frac{1}{2}$  %), skim or non-fat milk is available (yes/no).

## 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; height: 15px;" type="text"/> <input style="width: 20px; height: 15px;" type="text"/> <input style="width: 20px; height: 15px;" type="text"/> <input type="radio"/> no	
b. Healthy options	<input type="radio"/> yes # <input style="width: 20px; height: 15px;" type="text"/> <input style="width: 20px; height: 15px;" 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
- Masaman
- 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 calorie and fat information or a healthy symbol or notation (e.g., *light fare, light, heart healthy, healthy*) are provided, mark “yes”. If not, mark “no”. Then follow the steps below to count whether the options meet the NEMS definition of “healthy”.

#### 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 or a healthy symbol or notation (e.g., *light fare, light, heart healthy, healthy*) are provided, mark “yes”. If not, mark “no”. Then follow the steps below to count whether the options meet the NEMS definition of “healthy”.

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.

## 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.

<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</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.

- 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 a side salad or 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 Light 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 low-fat option, ask for lettuce and tomato only.”

**e. Other**

- Note any other facilitators and supports on the menu

**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

**d. Other barriers**

- Record other barriers not previously noted and describe in comments.
  - 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"/> 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**

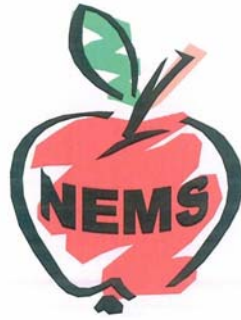
- Note any additional pricing incentives that encourage overeating or healthy eating and describe in comments.

**25. Kid’s Menu**

Menu Options	Select one	Comments
25) Kids’ menu?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> DK	
a. Healthy choices	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	
b. 100% fruit juice	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	
c. Milk	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	
d. Other? _____	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	

- Determine whether there is a kids’ menu and record the information in **25**. If there is no kid’s menu, mark “NA” on the other items.
- Record in **25a** whether the kids’ menu contains healthy choices. These may include such items as broiled or grilled chicken, turkey, or fish/seafood, or spaghetti and meat sauce. Also, note whether there are healthy side dishes such as fresh fruit or applesauce.

- Record in **25b** and **25c** whether the restaurant serves 100% fruit juice and milk (any kind of white milk). This can be on the adult menu, only if no beverages are listed on the kids' menu. Note in the "Comments" that the beverage/s came from the adult menu.
- Record in **25d** any other menu items that would promote healthful eating. If there are no others, mark "no".



# **NEMS-R Rationale**

**NEMS**  
**Rationale for Restaurant Measures Criteria**

Listed below is an explanation as to the rationale for each of the categories on the restaurant survey.

<b>Topic</b>	<b>Basis for Criteria</b>
Restaurant Classification	<p>In the original study, restaurants were classified as either “fast-food” or “sit-down” based, in part, on definitions from the following sources:  <a href="http://encyclopedia.thefreedictionary.com/Fast-food%20restaurant">http://encyclopedia.thefreedictionary.com/Fast-food%20restaurant</a>            and <a href="http://en.wikipedi.org/wiki/Fast_casual_restaurant">http://en.wikipedi.org/wiki/Fast casual restaurant</a></p> <p>Since the study, we have created a separate category for “Fast casual” restaurants because they are a growing trend in the restaurant industry. However, if you prefer, they can be classified again with sit-down restaurants.</p>
Main Dishes—Healthy	<p>We identified healthful entrée choices on the menu in one of two ways:</p> <ol style="list-style-type: none"> <li>1. The menu identified the entrée as a healthful choice. We asked the question, “Would a restaurant patron with an ‘untrained eye’ be able to spot these choices?” Note: Since 1997, restaurants are required to adhere to the same FDA standards as those used on packaged foods. For example, if they use the word “low-fat” or “light” on the menu, the food must meet the FDA definition.</li> <li>2. If the restaurant provided nutrient analysis, an entrée must meet all three of the following criteria               <ul style="list-style-type: none"> <li>• Entrees = <math>\leq</math> 800 calories</li> <li>• Burgers/sandwiches = <math>\leq</math> 650 calories</li> <li>• <math>\leq</math> 30% calories from fat</li> <li>• <math>\leq</math> 10% calories from saturated fat (if information is available)</li> </ul> </li> </ol> <p>Rationale for criteria:</p> <ul style="list-style-type: none"> <li>• Calorie limit for an entrée was based on the Daily Value of 2000 calories (FDA food label standard). If breakfast = 1/5 of calories, lunch = 2/5, and 2/5 = dinner, dinner is approximately 800 calories. Since a sandwich or burger is typically accompanied by a side dish (e.g., chips or fries), the maximum calories for these items was reduced by 150 calories, yielding 650 calories.</li> <li>• The criteria for % calories from fat and saturated fat are based on the Dietary Guidelines for Americans.</li> </ul> <p>Sources:</p> <ul style="list-style-type: none"> <li>• <i>Jacobson MF, Hurley J, Center for Science in the Public Interest, Restaurant Confidential, 2002.</i></li> <li>• <i>Cassady D, Housemann R, Dagher C, Measuring Cues for Healthy Choices on Restaurant Menus: Development and Testing of a Measurement Instrument, Am J of Health</i></li> </ul>

	<p><i>Promotion. 2004;6:444-449</i></p> <ul style="list-style-type: none"> <li>• <i>Dietary Guidelines for Americans, USDA Center for Nutrition Policy and Promotion.</i></li> <li>• <i>Food &amp; Drug Administration, A Food Labeling Guide: Reference Values for Food Labeling, <a href="http://www.cfsan.fda.gov/~dms/flg-7a.html">http://www.cfsan.fda.gov/~dms/flg-7a.html</a>, accessed December 2004.</i></li> </ul>
Main Dish Salads	<p>If nutrient information is available, healthy main dish salads must meet the same criteria as Main Dishes (see above). If no nutrient information is available and ingredients are known, the salad must meet the following criteria:</p> <ul style="list-style-type: none"> <li>• Low-fat or fat-free dressing must be available</li> <li>• No more than two of the salad's ingredients are high fat (items containing <math>\geq 50\%</math> of calories from fat)</li> </ul> <p>Rationale: A large proportion of the calories in a salad come from the dressing. Other high-fat ingredients can drive up the calories of naturally low-calorie fruits and vegetables, which are the basis of most salads.</p>
Fruits	<p>The Dietary Guidelines encourage the consumption of fresh or canned fruit without added sugar. Fruits are naturally fat-free and low in sodium. They also contain naturally-occurring sugars. Added sugar and/or dressing increases the calories without increasing the nutrient value; therefore, we only measured fruits that did not contain these added ingredients.</p> <p><i>Source: Dietary Guidelines for Americans, USDA Center for Nutrition Policy and Promotion (Choose a diet with plenty of grain products, vegetables, and fruits)</i></p>
Non-fried Vegetables	<p>The Dietary Guidelines encourage the consumption of vegetables without added fat. Frying and adding sauces greatly increases the calorie content of vegetables.</p> <p><i>Source: Dietary Guidelines for Americans, USDA Center for Nutrition Policy and Promotion (Choose a diet with plenty of grain products, vegetables, and fruits)</i></p>
Whole Grain Bread	<p>Because restaurant breads are not in a package, in most cases we were not able to tell whether they were 100% whole grain. We gave the restaurants credit for serving whole wheat, cracked wheat, and/or rye breads, which may represent an improvement over white breads.</p> <p><i>Source: Dietary Guidelines for Americans, USDA Center for Nutrition Policy and Promotion (Include several servings of whole grain foods daily—such as whole wheat...)</i></p>
Healthful or Low-Calorie Beverages	<p>We gave the restaurants credit for 100% fruit juice, low-fat or non-fat milk (both sources of desirable nutrients) diet soda (adds no calories), and low calorie beverages (<math>\leq 40</math> calories per stated serving).</p>

	<p><i>Source: Dietary Guidelines for Americans, USDA Center for Nutrition Policy and Promotion (Limit your intake of beverages...high in added sugars.) and the FDA.</i></p>
<p>Kids' Menu</p>	<p>We gave credit for kids' menu items that were based on non-fried foods such as baked or grilled chicken, seafood, or turkey and spaghetti and meat sauce. We also noted when fruit or vegetable side dishes were offered (quite rare). Our analysis of the calorie and fat content of kids' menu items for four restaurants that provide nutrition information (Burger King, Wendy's, McDonald's, and Denny's) revealed only two items that met the <math>\leq 35\%</math> fat criteria (standard for children), and one of these was a Happy Meal® that included the milk in the analysis. Likewise, the Center for Science in the Public Interest found that healthful selections on kids' menus were rare. Because the age range (and varying caloric needs) of children consuming foods from kids' menus made setting nutrient criteria unrealistic, we opted to concentrate our measurement on the foods listed above that would provide fewer calories and less fat. These would clearly distinguish a restaurant from the majority that limit kids' menu items to fried foods and burgers.</p> <p><i>Sources:</i></p> <ul style="list-style-type: none"> <li>• <i>Hurley J and Liebman B, Kids' Cuisine: "What would you like with your fries?" Nutrition Action Healthletter, March 2004: 12-15.</i></li> <li>• <i>Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids, Institute of Medicine, National Academies Press, September 2002.</i></li> </ul>
<p>Facilitators, Supports, Barriers, Pricing, Signage and Promotions</p>	<p>We assessed the many cues and impediments that encourage or discourage the selection of healthful foods in restaurants. Other studies have examined similar factors and have found differences among restaurants.</p> <p><i>Sources:</i></p> <ul style="list-style-type: none"> <li>• <i>Cassady D, Housemann R, Dagher C, Measuring Cues for Healthy Choices on Restaurant Menus: Development and Testing of a Measurement Instrument, Am J of Health Promotion. 2004;6:444-449.</i></li> <li>• <i>Warshaw H, Guide to Healthier Restaurant Eating, American Diabetes Association, 2002.</i></li> <li>• <i>Jacobson MF, Hurley J, Center for Science in the Public Interest, Restaurant Confidential, 2002.</i></li> </ul>