

1. **Restaurant Name:** _____ **Location:** _____

Manager: _____ **Phone Number:** _____

2. **Size of Restaurant:** Seating Capacity: _____ or Number of tables: _____

3. **Data Source(s):**

Site Visit: 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.

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.

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 (for example, a nutrition calculator), mark “yes” next to “Other” and describe in comments.

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.

Site Visit/Observation: <input type="radio"/> yes <input type="radio"/> no	Take-Away Menu: <input type="radio"/> yes <input type="radio"/> no	Internet Site: <input type="radio"/> yes <input type="radio"/> no	Interview: <input type="radio"/> yes <input type="radio"/> no
<input type="checkbox"/> Take-away menu <input type="checkbox"/> Nutrition information <input type="checkbox"/> Other	<input type="checkbox"/> Take-away menu <input type="checkbox"/> Nutrition information <input type="checkbox"/> Other	<input type="checkbox"/> Menu <input type="checkbox"/> Nutrition information <input type="checkbox"/> I.D. Healthy items <input type="checkbox"/> Other	<input type="checkbox"/> Menu <input type="checkbox"/> Pricing <input type="checkbox"/> Other
Comments:	Comments:	Comments:	Comments:

4. **Hours of operation:** Data Source (s): Website Site Menu

Sunday: <input type="radio"/> open <input type="radio"/> closed	Friday: <input type="radio"/> open <input type="radio"/> closed	Thursday: <input type="radio"/> open <input type="radio"/> closed	Saturday: <input type="radio"/> open <input type="radio"/> closed
<input type="radio"/> B:	<input type="radio"/> B:	<input type="radio"/> B:	<input type="radio"/> B:
<input type="radio"/> L:	<input type="radio"/> L:	<input type="radio"/> L:	<input type="radio"/> L:
<input type="radio"/> D:	<input type="radio"/> D:	<input type="radio"/> D:	<input type="radio"/> D:
: <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

Criteria	Select One	Comments
<p>Q1. How many healthy entrees* are available?</p> <ul style="list-style-type: none"> Are healthy main dishes or entrees identified (*see page 9)? <input type="radio"/> yes <input type="radio"/> no <p>Mark “yes” if calorie and fat information or a healthy symbol or notation (e.g. light fare, light, heart healthy, healthy) are provided. If not, mark “no”.</p> <p>b. Number of healthy main dishes / entrees: # <input type="text"/></p> <p>Count the number of healthy dishes/entrees. If nutrition information is not available then record the number of entrees identified as “light fare, light, heart healthy, or healthy” sometimes designated with a small heart symbol. Mark “0” in box, if none.</p>	<input type="radio"/> 1 healthy choice <input type="radio"/> 2-4 healthy choices <input type="radio"/> ≥5 healthy choices <input type="radio"/> None	
<p>Q2. Are there healthy salad* entrees and/or a salad bar? In order to answer “yes” to this question, restaurant must meet at least one criteria “a” or “b”</p> <p>a. Restaurant has a salad bar. <input type="radio"/> yes <input type="radio"/> no</p> <p>b. A healthy entrée salad (*see pages 9,10) is available. <input type="radio"/> yes <input type="radio"/> no</p> <p>c. Record the number of healthy entrée salads available: # <input type="text"/></p> <p>Do not count salads that are for sharing; counted as appetizers, side items or extras. Only count “dressed” salads if low-fat or fat-dressing is an option on the menu. If a menu does not have any healthy entrée salads, write “0” in the # box.</p>	<input type="radio"/> yes <input type="radio"/> no	

<p>Q3. Salad Dressing: How many low-fat or fat-free salad dressings are available?</p> <p>Record number of low-fat or fat-free dressings offered. # <input type="text" value=""/> <input type="text" value=""/></p> <p><i>If salad dressings are not available, write "0" in the # box.</i></p>	<p><input type="radio"/> none</p> <p><input type="radio"/> 1 choice</p> <p><input type="radio"/> ≥2 choices</p>	
<p>Q4. Whole or cut-up fruit is available (fruit without added sugar).</p> <ul style="list-style-type: none"> • <i>Fresh fruit or canned fruit packed in water or its own juice.</i> • <i>Fruit can be served as compote, fruit salad without dressing, on the side, with yogurt or cottage cheese, on the salad bar. Plan unsweetened applesauce is acceptable.</i> • <i>Do not include cinnamon apples, fruit canned in syrup, fruit with salad dressing.</i> 	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>Q5. Healthy sides (options) are available.</p> <p>Record the number of healthy side options available. # <input type="text" value=""/> <input type="text" value=""/></p> <p><i>If not available, write "0" in the # box.</i></p> <ul style="list-style-type: none"> • <i>Includes non-fried vegetables (w/out breading or added sauce) or side leaf salad.</i> • <i>Fast Food restaurants can include baked chips or plain baked potato.</i> • <i>Do not count vegetables that are a part of a main dish such as those found in stew or spinach lasagna.</i> • <i>Do not count vegetables on the salad bar or anything described as fried, stir-fried, breaded, Au gratin, casserole, creamed, scalloped, with sauce, glazed, sautéed, potatoes, pinto or other dried beans and peas.</i> 	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>Q6. 100% whole wheat or whole grain bread is available (this includes: Bread, Tortillas, Rolls, and Buns).</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>Q7. 100% fruit juice is available.</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	

<p>Q8. Plain low-fat (1%) or skim (fat-free) milk is available.</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>FACILITATORS OF HEALTHY EATING</p>		
<p>Q9. Nutrition information: Nutrition information posted on menu or healthy entrees identified on menu. <i>In order to answer “yes” to this question, restaurant must meet at least one of the criteria below.</i></p> <p>a. Nutrition information on menu (paper or posted menu)? <input type="radio"/> yes <input type="radio"/> no</p> <p>b. Healthy options identified on menu? <input type="radio"/> yes <input type="radio"/> no</p> <ul style="list-style-type: none"> • <i>Information must be listed for more than one item and also include as a minimum: Calories and Fat.</i> • <i>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 <u>not</u> include low-carb or vegetarian notations.</i> 	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>Q10. Reduced-sized portions are available.</p> <ul style="list-style-type: none"> • <i>Half-order vs. full-order? (i.e. Taco Heap.....\$6.79/\$4.25 half)</i> • <i>Only count items where multiple-size options are not a standard part of them menu (for example: small vs. large pizza; 6” vs. 12”, etc...)</i> 	<p><input type="radio"/> yes <input type="radio"/> no</p>	

<p>Q11. Healthy requests (healthier substitutions) are encouraged. Do menu notations encourage healthy request and indicate that it would make the selection a healthier choice? For example:</p> <ul style="list-style-type: none"> • <i>Under the “Low-Fat Meals” section, the menu says, “Ask your server for Light Ranch Dressing for salads.”</i> • <i>Menu says, “A lighter quantity of rice or beans is no problem-just ask!”</i> • <i>Menu says, “Our sandwiches are topped with lettuce, tomato, and cheese. For a low-fat option, ask for lettuce and tomato only.”</i> 	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>Q12. Healthy entrees (identified on Q1) are less expensive compared to the regular version. Mark “<u>no</u>” if there were no healthy entrees.</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>Q13. Nutrition information is posted <u>near</u> point-of-purchase or available in a brochure that is <u>prominently</u> displayed?</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>Q14. Healthy options are highlighted or healthy eating is encouraged.</p> <ul style="list-style-type: none"> • <i>Examples: Signage that relate to nutritional value/type of food (grilled food, salads).</i> <ul style="list-style-type: none"> ✓ <i>“Try a low-fat option –We feature salads made with fat-free dressing”</i> ✓ <i>“Eat healthy: Try our Brown Rice”</i> • <i>Signage that encourages making healthy choices.</i> <ul style="list-style-type: none"> ✓ <i>“Here’s to Eating Well”</i> ✓ <i>“Fruits and Vegetables – the Smart Choice!”</i> 	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>Q15. Staff members are trained and familiar with menu (i.e. portion sizes, ingredients, and preparation methods) and any health eating promotions.</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	

<p>Q16. Does the Restaurant have a menu posted on their website? <i>If “no” then answer “NA” for Q17 and Q18</i></p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>Q17. The internet/website menu provides nutrition information. <i>Nutrition information (calories and fat at a minimum) is available on the virtual menu.</i></p>	<p><input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA = no menu on internet</p>	
<p>Q18. The internet/website menu identifies healthy menu options. <i>The virtual menu identifies healthier menu options.</i></p>	<p><input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA= no menu on internet</p>	
BARRIERS OF HEALTHY EATING		
<p>Q19. Large Portions are encouraged.</p> <ul style="list-style-type: none"> • <i>Restaurant promotes large portion sizes on the menu such as: Super-sized items, Giant spuds, Colossal burger, The Heap (“A heap of....”)</i> • <i>Employees automatically ask if customer would like to order a larger portion.</i> 	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>Q20. Do menu notations discourage special requests?</p> <ul style="list-style-type: none"> • <i>“No substitutions” or “Extra charge for substitutions”</i> • <i>There is an extra charge for shared entrée (discouraged practice)</i> 	<p><input type="radio"/> yes <input type="radio"/> no</p>	

<p>Q21. “All you can eat” or “unlimited” promotions are available.</p> <ul style="list-style-type: none"> • Does <u>not</u> include beverages, unless it is a milkshake or ice cream drink. • Signage that encourage overeating related to quantity using the following words as feast descriptors: “All you can eat buffet” or “We keep bringing the food until you say STOP!” • Signage related to nutritional value/type of food or promotion of rich desserts and fried foods (“Try our cheesecake: Rich & creamy”) • Posters featuring pictures of high-fat foods, or promotional signs or posters pushing combo discounts. 	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>Q22. Combination or Value meals are cheaper than the sum price of individual items.</p> <ul style="list-style-type: none"> • A combo meal combines several menu items that would otherwise be sold separately. • It is not an entrée with side dishes, but separate items with separate prices, put together as a “combo.” It may include a drink and does not matter if they offer diet drinks. • Example: Combo Burger + Fries + Soda = <u>(\$7.50)</u> vs. Burger (\$5) + fries (\$2) + soda (\$1.25) = separately <u>(\$8.25)</u> <p><i>If restaurant does not have combo meals, mark “NO”</i></p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>Q23. Unhealthy eating or overeating is encouraged. Are there any additional pricing incentives that encourage overeating or healthy eating? Describe below.</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>CHILDREN’S MENU</p>		
<p>Q24. Does the restaurant have a Children’s Menu? If yes, continue assessment. If no, STOP here.</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>Q25. Nutrition information is included on the child’s menu.</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>Q26. A healthy entrée is available.</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	

Q27. 100% fruit juice is available (maximum serving size of 8oz).	<input type="radio"/> yes <input type="radio"/> no	
Q28. 1% or skim (non-fat, fat-free) milk is available (maximum serving size of 8oz).	<input type="radio"/> yes <input type="radio"/> no	
Q29. Free refills on unhealthy drinks (sodas) are available. <i>May include unlimited refills of 100% fruit juice and milk \geq8oz.</i>	<input type="radio"/> yes <input type="radio"/> no	
Q30. A healthy side is available.	<input type="radio"/> yes <input type="radio"/> no	
Q31. A healthy side substitution is available for an <u>assigned</u> unhealthy one. <i>(Example: Broccoli or apple slices in place of French fries).</i>	<input type="radio"/> yes <input type="radio"/> no	
Q32. An assigned side is a healthy one.	<input type="radio"/> yes <input type="radio"/> no	
Q33. An unhealthy dessert is automatically included in the children's meal.	<input type="radio"/> yes <input type="radio"/> no	
Q34. Healthy dessert options are available on the children's menu.	<input type="radio"/> yes <input type="radio"/> no	
Q35. Unhealthy eating signage or promotions targeting children exist.	<input type="radio"/> yes <input type="radio"/> no	
Q36. Healthy eating signage or promotions targeting children exist.	<input type="radio"/> yes <input type="radio"/> no	

Date of Survey:		
Survey Completed by:	Name: _____	Phone: _____
Length of time to complete survey:	Site Survey/Interview: _____	Menu Review: _____ Website Menu Review: _____

Restaurant Definitions: Please refer to these definitions while completing the assessment.

1. **Healthy Entrees (except burgers and sandwiches) meet all three of the following criteria:**

- <300 total calories
- <30% of calories from fat
- If saturated fat data are available: <10% of calories

2. **A la carte healthy burgers and sandwiches meet all three of the following criteria:**

- < 500 total calories
- <30% of calories from fat (see % Fat Chart)
- If saturated fat data are available: <10% of calories

3. **Healthy entrée salads (also refer to the supplementary information entrée salad table below):**

- a. Is of sufficient size to be the central part of a meal (or a meal in itself)
- b. Typically contains at least one protein source as an integral ingredient. Protein sources may include: tofu, poultry (chicken or turkey), fish or other seafood, beef or pork (do not count bacon as a protein source), vegetarian chili, pinto beans, soybeans, chickpeas/garbanzo beans (or hummus) or other legumes, low-fat cottage cheese, and eggs (unless used only as a garnish).
- c. When nutrition information is available, must meet the same criteria as a la carte healthy hamburgers and sandwiches listed above.
- d. When nutrition is NOT available:
 - Healthy symbol or notation (e.g. light fare, light, heart healthy, healthy)
 - < two high-fat ingredients (see Supplementary information below for list)
 - Must have low-fat or fat-free salad dressing available

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