

m-NEAT | Dining Facility (Permanent Party)

The criteria in this section of the m-NEAT refer to nutrition standards as set by the DoD Menu Standards and the 2010 Dietary Guidelines for Americans.

This assessment covers all day parts of the menu (breakfast, lunch and dinner) - the assessment will need to be done over two meal periods: breakfast and lunch or breakfast and dinner. Complete the assessment for the two meal periods on the same day.

Unless prior arrangements or authorizations have been made, inform the Installation Food Program Manager, Dining Facility (DFAC) Manager and/or applicable personnel reference the purpose of your onsite visit.

This data collection tool is for **Permanent Party DFACs**.

Read each criterion thoroughly to become familiar with the specific nutrition parameters and food items. For each criterion listed:

- a. Mark “YES” if the criteria are true - YES indicates the statement is true and verifiable through direct observation and/or administrative records (recipe cards, catalogues, product packaging, nutrition label, standard operating procedures, etc.)
- b. Marking “NO” indicates the criteria/component is not available or verifiable.

Criteria listed below are numbered to match the appropriate criteria number on the m-NEAT excel spreadsheet.

Questions marked with an “*” are not DoD Nutrition Standards and are not calculated into the final score – they are criteria that further promote the nutritional value of the menu.

Type of DFAC: Permanent Party Hospital

DFAC Name: _____ Location: _____ Phone: _____

DFAC Manager: _____ e-mail: _____

Hours of Operation:

Monday -Friday: B: _____ L: _____ D: _____

Saturday-Sunday: B: _____ L: _____ D: _____

Assessment completed during the following meal periods: Breakfast and Lunch Breakfast and Dinner

Data Source: Site Visit Cycle Menu DFAC Menu Interview Other: _____

Date of Survey:	Amount of time to complete survey: B: _____ L/D: _____
Survey Completed by:	Phone Number:

MENU		Select One	Comments
1	<p>The posted menu reflects what is being served:</p> <p>Breakfast: <input type="radio"/> yes <input type="radio"/> no</p> <p>Lunch or Dinner: <input type="radio"/> yes <input type="radio"/> no</p>	<input type="radio"/> yes <input type="radio"/> no	
38	<p>Menu approved by local or corporate dietitian or a dietitian provided advice on nutritional aspects of the menu.</p> <p><i>Look for documentation such as a dietitian's signature/approval on menu or evidence of administrative records (menu board minutes, memorandums, etc...) that reflect menu provided to dietitian or dietitian provided advice on nutritional aspects of menu.</i></p>	<input type="radio"/> yes <input type="radio"/> no	
BREAKFAST		Select One	Comments
2*	<p>Bananas (as available) are offered daily along w/ other fruit choices.</p> <p><i>Bananas may not be available due to location of dining facility and/or vendor availability.</i></p>	<input type="radio"/> yes <input type="radio"/> no	<p>If bananas are not available, list other fresh fruit choices offered:</p>
3	<p>Hot cereal (i.e., oatmeal, grits) is prepared in bulk and made without added fats or sugar.</p> <p><i>Request recipe used for making hot cereal.</i></p> <p><i>Are plain oatmeal packets available if no bulk oatmeal is served?</i></p> <p><i>Is fat (butter) clearly visible in the hot cereal?</i></p>	<input type="radio"/> yes <input type="radio"/> no	<p>List hot cereals offered:</p>

<p>4</p>	<p>Ready-to-Eat Cereal: Review nutrition labels of individual portions of cereal containers or request cereal brands used for bulk dispensers.</p> <p>Must meet all four (4) criteria listed below to receive a “yes” for this question.</p> <ul style="list-style-type: none"> <input type="checkbox"/> A minimum of four ready to eat cereal choices with < 230 mg sodium per serving. <input type="checkbox"/> Two (2) cereals must contain whole grains (>8 grams of whole grain per serving) with at least 2.5 grams fiber per serving <input type="checkbox"/> Two (2) cereals are without sugar coating. <input type="checkbox"/> One (1) of the four cereals must be 100% folate fortified. <p><i>Cereal can be in bulk and/or individual containers.</i></p> <p><i>Operations offering more than four (4) cereal selections should have 50% of cereals meeting the above standards for whole grain, without sugar coating, and folate.</i></p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	<p>List four (4) ready-to-eat cereal choices that contain <230 mg sodium per serving.</p> <ol style="list-style-type: none"> 1. 2. 3. 4. <hr/> <p>List two (2) whole-grain cereals that contain >2.5 g fiber per serving:</p> <ol style="list-style-type: none"> 1. 2. <hr/> <p>List two (2) cereals without sugar coating:</p> <ol style="list-style-type: none"> 1. 2. <hr/> <p>List one (1) cereal that is 100% folate fortified:</p>
<p>5</p>	<p>Egg whites: DFAC offers egg whites or egg substitutes (reduced cholesterol) as an alternative to whole egg products.</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>6*</p>	<p>DHA enhanced eggs: DHA enhanced eggs are offered when available and if subsistence funding is sufficient.</p> <p><i>Request container/box with nutrition label of DHA enhanced eggs.</i></p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	

7	<p>Breakfast Meat: At least one (1) choice is lower in fat.</p> <p><i>Meat criteria:</i></p> <ul style="list-style-type: none"> • <12 grams fat per serving for links or patties; • <5g fat per serving for turkey, Canadian or center cut bacon. <p><i>Request container/package with nutrition label to verify.</i></p>	<input type="radio"/> yes <input type="radio"/> no	
8	<p>Breakfast Pastry: <i>Request package with nutrition label to verify.</i></p> <p><i>Answers to (a) and (b) will dictate the final answer in next column.</i></p> <p>a. DFAC offers low-fat or low-calorie breakfast pastry items (reduced-fat pastries, reduced-fat muffins, etc...) when breakfast pastries such as donuts, sweet rolls, etc., are served? <input type="radio"/> yes <input type="radio"/> no</p> <p>b. ARMY: Low-fat or lower calorie pastry alternatives are offered at least three (3) times per week. <input type="radio"/> yes <input type="radio"/> no</p> <p>c. Is the lower-fat pastry identified for diners to easily locate? <input type="radio"/> yes <input type="radio"/> no</p>	<input type="radio"/> yes <input type="radio"/> no	<p>List low-fat or low-calorie breakfast pastry item.</p>
LUNCH OR DINNER (Main line)		Select One	Comments
9	<p>One healthy entrée (lean fish, poultry or meat) is prepared by baking, grilling, roasting with visible fat removed and served without added fat.</p>	<input type="radio"/> yes <input type="radio"/> no	<p>List all entrees:</p>
10	<p>Less than one fried entrée per meal on the main line.</p>	<input type="radio"/> yes <input type="radio"/> no	

<p>11</p>	<p>Fish is served a minimum of three times per weekly as a main entrée with at least one fish high in omega-3 served weekly.</p> <p><i>Answers to (a) and (b) will dictate the final answer in next column</i></p> <p>a. Fish is served at a minimum of three (3) times per week as a main entrée (once at lunch and twice at dinner). <input type="radio"/> yes <input type="radio"/> no</p> <p>b. At least one fish is high in omega-3 (salmon, tuna, trout, herring or mackerel) is served once a week. <input type="radio"/> yes <input type="radio"/> no</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	<p>Review weekly menu and list the number of times fish is served as the main entrée. Circle fish that are high in omega-3.</p>
<p>12</p>	<p>Gravies and Sauces: Unless an integral part of the recipe, gravy and/or sauces are offered on the side/served separately.</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>13</p>	<p>Vegetables: Steamed, baked, or grilled vegetables seasoned without fat are available.</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	<p>List all vegetables:</p>
<p>14</p>	<p>Fried Vegetables: No more than one fried vegetable offered per day.</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>15*</p>	<p>Soups: If more than one soup choice is provided, at least one Reduced-sodium soup is offered.</p> <p><i>Soup is served based on customer demand and/or complementary to a meal.</i></p> <p><i>Request box/container with nutrition label of soup served.</i></p> <p><i>All soups served must contain < 800 mg sodium per 8-ounce serving.</i></p> <p><i>Soups with less than 600 mg of sodium per 8-ounce serving and/or claims of reduced sodium, lower sodium, and low sodium are acceptable for reduced criteria.</i></p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	<p>List available soup(s) and circle the reduced-sodium soup.</p> <p>If only one soup is served – answer “yes”</p>

<p>16</p>	<p>Multi- and whole-grain pasta and rice products are incorporated into recipes and/or menu.</p> <p><i>Review the cycle menu. Review recipes and/or request box/container with nutrition label of both pasta and rice.</i></p> <p>Answers to (a) and (b) will dictate the final answer in next column</p> <p>a. Pasta is whole-grain or nutrient enriched. <input type="radio"/> yes <input type="radio"/> no</p> <p>b. Rice is whole grain, multi-grain or wild rice as appropriate to recipe or to complement menu. <input type="radio"/> yes <input type="radio"/> no</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	<p>List pasta or rice products. Circle the ones that are multi- and/or whole-grain.</p>
<p>17</p>	<p>Legumes, lentils, and beans are served at least three (3) times per week as a side dish or entrée.</p> <p><i>Examples of legumes include: refried beans, baked beans; black, navy, pinto, or kidney beans; garbanzo beans/chickpeas</i></p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	<p>List type of legume, lentil or bean and annotate day served:</p> <p>1. 2. 3.</p>
<p>18</p>	<p>Desserts: At least <u>one</u> reduced-fat dessert, sweet bread, or baked product is available. Are the “healthier desserts” identified for diners?</p> <p><i>Request to review recipes container/packaging with nutrition label.</i></p> <p><i>Dessert Examples include:</i></p> <ul style="list-style-type: none"> • Canned fruit packed in light syrup or its own juice • Angel food cake, Bar Cookies (<150 calories and <5g Fat per serving) • Fruit parfaits or Fruit salads • Low-fat ice cream or frozen yogurt (<120 calories and <4g Fat per serving) • Gelatin • Pudding (<30% calories from fat). 	<p><input type="radio"/> yes <input type="radio"/> no</p>	<p>List the type of desserts available.</p>

SALAD BAR		Select One	Comments
19	<p>Leafy green salads with at least 50% dark green leaves (i.e., romaine or spinach) are available.</p> <p><u>NAVY AFLOAT</u> exception: other lettuce variety is acceptable.</p>	<input type="radio"/> yes <input type="radio"/> no	
20	<p>Toppings: Seven (7) fresh toppings are available on the salad bar.</p> <p><u>ARMY DFAC</u>: 10 toppings</p> <p><u>NAVY AFLOAT</u> exception: less than 7 toppings are acceptable.</p>	<input type="radio"/> yes <input type="radio"/> no	List toppings:
21	<p>Salad Dressings: At least <u>two</u> choices of low-fat, fat-free, or reduced calorie salad dressings are available.</p> <p>For consideration: Salad dressings are identifiable or labeled for the diner? <input type="radio"/> yes <input type="radio"/> no</p> <p>Is a selection of salad oil (canola, olive or sesame) and vinegar (apple cider, balsamic, red or white) available? <input type="radio"/> yes <input type="radio"/> no</p>	<input type="radio"/> yes <input type="radio"/> no	List all low-fat, fat-free or reduced calorie salad dressings:
22*	<p>One protein topping such as egg, turkey (or other lean meat), legumes (beans), or tofu is available.</p>	<input type="radio"/> yes <input type="radio"/> no	List available protein toppings:
23*	<p>One low-fat or reduced fat dairy topping (i.e., part-skim mozzarella, 2% cottage cheese) is available.</p> <p><i>Request nutrition label/container for reduced fat dairy topping.</i></p> <p><i>If item is labeled reduced fat, cross-reference with the nutrition label.</i></p>	<input type="radio"/> yes <input type="radio"/> no	List available dairy toppings:

<p>24</p>	<p>Chilled or mixed salads prepared from scratch using <u>low-fat mayonnaise or low-fat salad dressing</u>.</p> <p><i>Review recipe card for low-fat mayo or salad dressing.</i></p> <p><i>If facility uses pre-made chilled salad – check salad container or nutrition label (most pre-made items do not use low-fat ingredients)</i></p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	<p>List available mixed salads (macaroni, pasta, potato, tuna or chicken) and circle if made with low-fat mayo/salad dressing.</p>
<p>AT EVERY MEAL</p>		<p>Select One</p>	<p>Comments</p>
<p>25</p>	<p>Sliced 100% whole-grain (whole-wheat) bread is available.</p> <p><i>Review nutrition label to ensure bread:</i></p> <p>a. Bread has at least 2 grams fiber/serving <input type="radio"/> yes <input type="radio"/> no</p> <p>b. ARMY: at least 15% calcium (150mg) <input type="radio"/> yes <input type="radio"/> no</p> <p>c. ARMY: <230 mg of sodium per serving, when available</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>26</p>	<p>Yogurt: Two flavors of low-fat, light or lower sugar yogurt is available.</p> <p><i>Answers to (a) and (b) will dictate the final answer in next column</i></p> <p>a. Yogurt is low-fat or fat-free (<3g Fat per serving) <input type="radio"/> yes <input type="radio"/> no</p> <p>b. Yogurts contains one of the following: <input type="radio"/> yes <input type="radio"/> no</p> <ul style="list-style-type: none"> • < 30 grams sugar per 6-8 oz. serving • < 20 g sugar per 4 oz. serving <p><i>Review nutritional label for grams of fat and grams of sugar.</i></p> <p><i>Other yogurt options such as low sugar, reduced sugar, or artificially sweetened may be provided but only in addition to the standard yogurt varieties.</i></p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	<p>List available yogurts and circle those that meet the criteria.</p>

27	<p>Fruit: Fresh, canned or frozen fruit is available.</p> <p>Answers to (a) and (b) will dictate the final answer in the next column.</p> <p>a. Two (2) choices of fresh, seasonal fruits are available. <input type="radio"/> yes <input type="radio"/> no</p> <p>b. One (1) fresh fruit choice is high in Vitamin C. <input type="radio"/> yes <input type="radio"/> no</p> <p>c. One fruit canned or frozen (own juice, 100% juice, water or light syrup) is available on the salad, dessert, or fruit bar. <input type="radio"/> yes <input type="radio"/> no</p> <p><i>Fruits high in vitamin C include: cantaloupe, grapefruit, honeydew melon, oranges, pineapple, raspberries, strawberries, watermelon, and tangerines.</i></p>	<input type="radio"/> yes <input type="radio"/> no	<p>List fresh fruit available and circle one high in Vitamin C.</p> <p>List fruit found on the salad, dessert, or fruit bar:</p>
28	<p>Margarine type spreads are trans-fat free. <i>Review box/packaging for nutrition label for 0 grams trans-fat and no partially hydrogenated oils.</i></p>	<input type="radio"/> yes <input type="radio"/> no	
29	<p>Spreads: Fruit spreads or low-sugar/no-sugar jam/jellies are available.</p>	<input type="radio"/> yes <input type="radio"/> no	
30	<p>A non-calorie sweetener is available for coffee and tea.</p> <p><i>Non-calorie sweeteners include products that contain: aspartame, sucralose, acesulfame potassium, stevia or saccharin.</i></p>	<input type="radio"/> yes <input type="radio"/> no	
31	<p>Coffee creamers are trans-fat free.</p>	<input type="radio"/> yes <input type="radio"/> no	
32	<p>Salt and sodium free seasonings are available.</p>	<input type="radio"/> yes <input type="radio"/> no	

33	<p>Monosodium Glutamate (MSG) is <u>NOT</u> used in food preparation or included as table seasoning or as an ingredient in packaged food.</p> <p><i>Check food preparation area, dry storage area, and condiment rack for products that may contain MSG (Accent, Sazon, etc...). Read the label.</i></p>	<input type="radio"/> yes <input type="radio"/> no	
34*	<p>Cereal bars: If cereal bars are offered, these bars contain at least 2.5 grams of fiber and \leq 10 grams of sugar per serving.</p> <p><i>If cereal bars are not available, mark "no".</i></p>	<input type="radio"/> yes <input type="radio"/> no	
BEVERAGES and HYDRATION STATION		Select One	Comments
35	<p>Milk: Answers to (a) and (b) will dictate the final answer in next column</p> <p>a. Primary dairy choice is 1% fresh, white milk. <input type="radio"/> yes <input type="radio"/> no</p> <p><u>NAVY AFLOAT</u> Exception: 2% if 1% or skim is unavailable.</p> <p>b. 1%, skim, and low-fat chocolate milk is fortified with Vitamins A and D. <input type="radio"/> yes <input type="radio"/> no</p>	<input type="radio"/> yes <input type="radio"/> no	
36	<p>Breakfast Juice: Two or more 100% fruit juices are available.</p> <p><i>Answers to (a) and (b) will dictate the final answer in next column.</i></p> <p>a. Orange juice is fortified with Calcium (300 mg per 8-oz serving) and Vitamin D (100 IU per 8oz serving) <input type="radio"/> yes <input type="radio"/> no</p> <p>b. One (1) 100% juice high in Vitamin C is available. <input type="radio"/> yes <input type="radio"/> no</p>	<input type="radio"/> yes <input type="radio"/> no	<p>List two (2) juices that contain Calcium and Vitamin D.</p> <p>1. 2.</p> <p>List one (1) 100% juice high in Vitamin C.</p> <p>1.</p>

37	<p>Carbonated Beverages. Two caffeine-free beverages and one low-calorie or calorie free beverage is available.</p> <p><i>Answers to (a) and (b) will dictate the final answer in next column.</i></p> <p>a. Two caffeine-free beverages: <input type="radio"/> yes <input type="radio"/> no</p> <p>b. One low-calorie beverages: <input type="radio"/> yes <input type="radio"/> no</p>	<input type="radio"/> yes <input type="radio"/> no	<p>List available beverages and circle the beverages that are either low-calorie or caffeine free:</p>
PROMOTION OF HEALTHY EATING		Select One	Comments
38	Refer to page 2.		
39	<p>Customer Nutrition Awareness: Answers to (a) and (b) will dictate the final answer in next column.</p> <p>a. Training and promotional materials (i.e. Go For Green[®]) that educate customers and reinforce the benefits of choosing a nutritionally sound and balanced meal are available and promoted. <input type="radio"/> yes <input type="radio"/> no</p> <p>b. The DFAC displays sound and up-to-date nutrition messages? <input type="radio"/> yes <input type="radio"/> no</p>	<input type="radio"/> yes <input type="radio"/> no.	

<p>40</p>	<p>Staff Training: Answers to (a), (b), and (c) will dictate the final answer in next column.</p> <p><i>To answer (a) and (b) review training records and training lesson plans. For question (c) randomly ask staff a few questions reference the applicable nutrition promotion.</i></p> <p>a. Does the training relate to food preparation and impacts on health and nutrition? <input type="radio"/> yes <input type="radio"/> no</p> <p>b. Is staff is trained on food items and preparation techniques that support health and nutrition goals. <input type="radio"/> yes <input type="radio"/> no</p> <p>c. Staff is knowledgeable about nutrition promotion programs (i.e. Go For Green[®]). <input type="radio"/> yes <input type="radio"/> no</p>	<p><input type="radio"/> yes</p> <p><input type="radio"/> no</p>	
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