

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 the **Initial Military Training 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.

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	
56	<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 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 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>Is fat (butter) clearly visible in the hot cereal?</i></p> <p><i>Are plain oatmeal packets available if no bulk oatmeal is served?</i></p>	<input type="radio"/> yes <input type="radio"/> no	<p>List hot cereals offered:</p>

Ready-to-Eat Cereal <i>Review nutrition labels of individual portions of cereal containers or request cereal brands used for bulk dispensers.</i>		How many of ready-to-eat cereals are available? _____		
4	A minimum of six ready-to-eat cereals are available. <i>Count number of ready-to-eat cold cereals offered – cereals can be in bulk and/or individual containers.</i>	<input type="radio"/> yes <input type="radio"/> no	List four cereals with 8 grams of whole-grain per serving: 1. 2. 3. 4.	
5	All cereals contain less than 35% calories from sugar per serving (less than 40% if cereal contains fruit). <i>Grams of Sugar x 4kcal/gram divided by Total Calories x 100%</i> <i>Example: 10g Sugar x 4kcal/g = 40kcal / 120kcal x 100% = 33%</i>	<input type="radio"/> yes <input type="radio"/> no		
6	Four cereals have 8 grams of whole-grain per serving.	<input type="radio"/> yes <input type="radio"/> no		List two that are 100% folate fortified (400mcg): 1. 2.
7	Two cereals are 100% folate fortified (400mcg).	<input type="radio"/> yes <input type="radio"/> no		
8	Two cereals are 50% iron fortified (9mg).	<input type="radio"/> yes <input type="radio"/> no		List two that are 50% iron fortified (9mg): 1. 2.
9*	Low-fat muffins: Low-fat muffins are small (2 ounces), less than 30% calories from fat, and contain at least 1 gram of fiber. <i>Mark no if muffins are not offered.</i>	<input type="radio"/> yes <input type="radio"/> no		
10	Egg Whites: DFAC offer egg whites or egg substitutes (reduced cholesterol) as an alternative to whole egg products.	<input type="radio"/> yes <input type="radio"/> no		

11	<p>Starch choice: One starch choice of potato or rice is available. <i>Potato choices were prepared with lower fat cooking methods (baking or grilling) – NO deep fat frying or cooking in oil.</i></p>	<input type="radio"/> yes <input type="radio"/> no	<p>List available starch choice – are they cooked with a lower fat cooking method?</p>
12	<p>Breakfast Meat: At least one choice is lower in fat. <i>Meat criteria: <12 grams fat per serving for links or patties and <5g fat per serving for turkey, Canadian, or center cut bacon.</i> <i>Request container/package with nutrition label to verify.</i></p>	<input type="radio"/> yes <input type="radio"/> no	<p>List breakfast meat items and circle the one that is lower in fat.</p>
13	<p>NO breakfast pastry items are served. (Small, low-fat muffins are the exception.)</p>	<input type="radio"/> yes <input type="radio"/> no	
LUNCH OR DINNER (Main line)		Select One	Comments
14*	<p>Soups: If more than one soup choice is provided, at least one Reduced-sodium soup is offered. <i>Soup is served based on customer demand and/or complementary to a meal.</i> <i>Request box/container with nutrition label of soup served.</i> <i>All soups served must contain < 800 mg sodium per 8-ounce serving.</i> <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 sodium criteria.</i></p>	<input type="radio"/> yes <input type="radio"/> no	<p>List available soup(s) and circle the reduced-sodium version. Answer “yes” if only one soup choice is available.</p>
15	<p>Entrées (including one non-pork entrée) is prepared by baking, grilling or roasting and served without added fat. <i>Breaded items are oven baked instead of fried. For facilities with fryers: check storage room for frying oil / fryers for usage.</i></p>	<input type="radio"/> yes <input type="radio"/> no	<p>List all entrees and circle the ones that meet the criteria.</p>

<p>16*</p>	<p>Vegetarian or meatless entrée options containing a plant based protein is offered (based on demand). <i>Review menu for vegetarian entrees.</i></p> <p><i>Vegetarian entrees that are rice, pasta, or potato based may be served as side items in smaller/half-portions.</i></p> <p><i>Plant based proteins include beans, lentils, meatless/soy based crumbles or patties, etc.,</i></p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	<p>List the vegetarian options available:</p>
<p>17</p>	<p>Fish: <i>Review weekly menu and count the number of times fish is served as the main entrée.</i></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 times weekly 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 the 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>18</p>	<p>Potato Choices: <i>Answers to (a) and (b) will dictate the final answer in next column</i></p> <p>a. Lower fat cooking methods (baking, grilling) are used for potato choices. <input type="radio"/> yes <input type="radio"/> no</p> <p>b. Potatoes such as French fries are NOT deep fat fried or cooked in oil. <input type="radio"/> yes <input type="radio"/> no</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	<p>List the potato choice(s) and circle the ones that meet the criteria.</p>

<p>19</p>	<p>Multi- and whole-grain pasta and rice products: <i>Review the cycle menu. Review recipes and/or request box/container with nutrition label of both pasta and rice.</i></p> <p><i>Answers to a and b will dictate the final answer in next column</i></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>20</p>	<p>Vegetables: Two hot vegetables available per meal. <i>At least one <u>non-starchy</u> vegetable that is a good source of vitamin A or C (colorful, dark leafy and deep yellow, orange and red vegetables such as carrots, squash, tomatoes, zucchini, spinach, greens and broccoli).</i></p> <p><i>Starchy vegetables include: corn, green peas, black-eyed peas, black beans, baked beans, refried beans, chickpeas/garbanzo beans, kidney, lima, navy, and pinto.</i></p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	<p>List the hot vegetables available: Circle the veggie high in Vit A or C</p> <ol style="list-style-type: none"> 1. 2. 3. 4.
<p>21</p>	<p>Legumes, lentils, and beans are served at least three times per week as a side dish or entrée.</p> <p><i>Examples of legumes include: refried beans, baked bean; black, navy, pinto, or kidney beans; garbanzo beans/chickpeas.</i></p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	<p>List the type of legume, lentil or bean listed on the weekly menu and annotate the day of service.</p>

22	<p>Healthier Versions of Desserts are available: <i>Request to review recipes container/packaging with nutrition label. Are the “healthier desserts” identified for diners?</i></p> <p>Four different choices that vary daily are available.</p> <p><i>Cakes, cookies, pies, and regular ice cream are not acceptable unless for holiday/celebratory meals or approved Service Holidays.</i></p>	<input type="radio"/> yes <input type="radio"/> no	<p>Dessert Examples for Training DFAC:</p> <ul style="list-style-type: none"> • Canned fruit in light syrup/ own juice • Angel Food Cake • Bar Cookies (<150 kcal, <5g Fat/serving) • Fruit parfaits • Fruit salad • Low-fat ice cream or frozen yogurt (<120 kcal and <4g Fat per serving) • Gelatin • Pudding (<30% calories from fat)
GRILL AND DELI BAR		Select One	Comments
23	<p>Grilled Hamburgers and Sandwiches: <i>In order to answer “yes” to this question, grilled hamburgers and sandwiches must meet BOTH criteria below.</i></p> <p>a. Whole-grain bread available <input type="radio"/> yes <input type="radio"/> no</p> <p>b. Bread/bun is not buttered <input type="radio"/> yes <input type="radio"/> no</p>	<input type="radio"/> yes <input type="radio"/> no	
24	<p>Frankfurters or link type meats are NOT served.</p>	<input type="radio"/> yes <input type="radio"/> no	
25	<p>Baked french fries to include sweet potato fries, assorted baked chips/crackers, and/or pretzels are available.</p>	<input type="radio"/> yes <input type="radio"/> no	<p>What type of sides are available?</p>
26	<p>Lean deli meat choices: Three <u>lean</u> deli meat choices per 3oz of the following are available. Each deli meat must meet all three criteria.</p> <p><input type="checkbox"/> Ham: <95 calories 3.5g Fat <1000mg Sodium</p> <p><input type="checkbox"/> Turkey: <85kcal 1.5g Fat <900mg Sodium</p> <p><input type="checkbox"/> Roast Beef: <105kcal 3.0g Fat <1050mg Sodium</p>	<input type="radio"/> yes <input type="radio"/> no	

27	<p>Sliced Cheeses: Reduced fat and low-fat cheese is available. <i>Imitation and fat-free cheeses are NOT acceptable</i></p> <p>A slice of cheese (28g / 1 oz. serving) contains:</p> <ul style="list-style-type: none"> <input type="checkbox"/> <9g Fat and <6g Saturated Fat <input type="checkbox"/> <350mg Sodium <input type="checkbox"/> Minimum of 15% DV (150mg) Calcium 	<input type="radio"/> yes <input type="radio"/> no	
SALAD BAR		Select One	Comments
28	<p>Leafy green salads with at least 50% dark green leaves (e.g., romaine or spinach) are available.</p>	<input type="radio"/> yes <input type="radio"/> no	
29	<p>Ten (10) fresh toppings are available on the salad bar.</p>	<input type="radio"/> yes <input type="radio"/> no	
30	<p>A pre-prepared leafy green salad (50% dark green leafy) mixed with hard vegetables (broccoli, cauliflower, carrots, or radishes) is available.</p>	<input type="radio"/> yes <input type="radio"/> no	
31	<p>At least one legume and either pumpkin or sunflower seeds are included as a topping on the salad bar.</p>	<input type="radio"/> yes <input type="radio"/> no	
32	<p>Seven (7) Salad Dressings are available:</p> <p>a. <u>Five</u> choices of low-fat dressing? <input type="radio"/> yes <input type="radio"/> no</p> <p>b. Salad dressings are identifiable or labeled for the diner? (<i>recommended</i>) <input type="radio"/> yes <input type="radio"/> no</p>	<input type="radio"/> yes <input type="radio"/> no	<p>List all low-fat dressings</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5.

33	<p>Salad Oil and Vinegar Dressing:</p> <p>a. Is a selection of salad oil (canola, olive, sesame oil) and vinegar (apple cider, balsamic, red or white) available? <input type="radio"/> yes <input type="radio"/> no</p> <p>b. Oil and vinegar dressings are identifiable or labeled for the diner? (recommended) <input type="radio"/> yes <input type="radio"/> no</p>	<input type="radio"/> yes <input type="radio"/> no	
34*	<p>One protein topping such egg, turkey (or other lean meat), legumes (beans) or tofu is available.</p>	<input type="radio"/> yes <input type="radio"/> no	<p>List available protein toppings.</p>
35*	<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. If item is labeled reduced fat, cross-reference with the nutrition label.</i></p>	<input type="radio"/> yes <input type="radio"/> no	<p>List available dairy toppings.</p>
36	<p>Chilled or mixed salads prepared from scratch using <u>low-fat mayonnaise</u> or <u>low-fat salad dressing</u>. <i>Examples include macaroni, pasta, potato, tuna or chicken salad.</i></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>	<input type="radio"/> yes <input type="radio"/> no	<p>List available mixed salads (macaroni, pasta, potato, tuna or chicken) and circle if made with low-fat mayo or low-fat salad dressing.</p>

AT EVERY MEAL		Select One	Comments
37	<p>Sliced whole-grain bread is available. <i>Review nutrition label and look for 2 g fiber/serving.</i></p>	<input type="radio"/> yes <input type="radio"/> no	
38	<p>At least <u>one</u> bread choice is fortified with <u>all</u> of the following:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 4% iron (0.72mg) <input type="checkbox"/> 6% folate (16mcg) <input type="checkbox"/> calcium (150mg) <p><i>All sliced bread contains <230 mg of sodium per serving when available.</i></p>	<input type="radio"/> yes <input type="radio"/> no	
39	<p>Yogurt: Two flavors of low-fat yogurt without artificial sweeteners are available:</p> <p><i>Answers to (a) and (b) will dictate the final answer in next column.</i></p> <ul style="list-style-type: none"> a. Low-fat or fat-free (<3g Fat per serving) b. Yogurts contain: <ul style="list-style-type: none"> • < 30 grams sugar per 6-8 oz serving • < 20 g sugar per 4 oz serving <p><i>Review nutrition label for grams of fat and grams of sugar.</i></p> <p><i>Artificial sweeteners include products that contain: aspartame, saccharin, sucralose, acesulfame potassium and stevia.</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>	<input type="radio"/> yes <input type="radio"/> no	<p>List available yogurts.</p>

<p>40</p>	<p>Fruit: Seasonal fruit, raisins/other dried fruit offered. <i>Answers to (a), (b), and (c) will dictate the final answer in next column:</i></p> <p>a. Two (2) choices of fresh, seasonal fruit. <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 (1) choice of dried fruit (i.e. raisins) without added sugar. <input type="radio"/> yes <input type="radio"/> no</p> <p><i>Fruits high in vitamin C: cantaloupe, grapefruit, honeydew melon, oranges, pineapple, raspberries, strawberries, watermelon, and tangerines.</i></p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	<p>List fresh fruit available and circle one high in Vitamin C.</p> <p>List available dried fruit and circle one without added sugar.</p>
<p>41</p>	<p>Pre-cut or sectioned fruit is offered. (Oranges are preferred)</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	<p>List the type of fruit is pre-cut or sectioned?</p>
<p>42</p>	<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>	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>43*</p>	<p>Spreads: A choice of two or more spreads, plus jelly or jam, salsa, Peanut butter and trail mix is available (cream cheese can be included, but not brown sugar).</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>44</p>	<p>A non-calorie sweetener is available for coffee and tea. <i>Non-calorie sweeteners include products that contain aspartame, sucralose, stevia, or saccharin.</i></p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>45</p>	<p>Coffee creamers are trans-fat free. <i>Review box/packaging for nutrition label for 0 grams trans-fat and no partially hydrogenated oils.</i></p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	
<p>46</p>	<p>Salt and sodium free seasonings are available.</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	

47	<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/or condiment rack for products that may contain MSG (Accent, Sazon, etc...) – read ingredient label.</i></p>	<input type="radio"/> yes <input type="radio"/> no	
48*	<p><u>(BCT/OSUT Soldiers):</u> Recovery snack (such as a granola bar) has a minimum of:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 28-30 grams Carbohydrate <input type="checkbox"/> 3-5 grams Fat <input type="checkbox"/> 8-9 grams Protein <input type="checkbox"/> 10% Daily Value for iron. 	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> n/a	
BEVERAGES and HYDRATION STATION		Select One	Comments
49	<p>Milk: Answers to (a) and (b) will dictate the final answer in the next column.</p> <p>a. Primary dairy choice is 1% fresh, white milk. <input type="radio"/> yes <input type="radio"/> no</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	
50	<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 the next column.</i></p> <p>a. Orange juice is fortified with Calcium (300 mg per 8-oz serving) and Vitamin D (100 IU per 8-oz serving). <input type="radio"/> yes <input type="radio"/> no</p> <p>b. Two (2) 100% fruit juices are available. <input type="radio"/> yes <input type="radio"/> no</p>	<input type="radio"/> yes <input type="radio"/> no	<p>List all 100% fruit juices.</p>

51	Breakfast Juice: At least one juice/juice blend is high in Vitamin C.	<input type="radio"/> yes <input type="radio"/> no	
52	Water (not bottled) is readily available. <i>Look for water fountains or water dispensers on the beverage line.</i>	<input type="radio"/> yes <input type="radio"/> no	
53	Lunch and Dinner Juice: Two (2) 100% juice/juice blends are available at both lunch and dinner meals.	<input type="radio"/> yes <input type="radio"/> no	List available juice/juice blends:
54	One flavored no-sugar beverage base vitamin-mineral enhanced BIB contains <u>all</u> of the following: <input type="checkbox"/> 50% to 100% DV for vitamin C <input type="checkbox"/> 10% to 25% DV for vitamin B5, B6 and niacin <input type="checkbox"/> 4% to 10% DV vitamin B12	<input type="radio"/> yes <input type="radio"/> no	
55*	Flavored no-sugar beverage base, diet teas, carbohydrate-electrolyte beverages (carbohydrate, sodium, and potassium meet AR 40-25 standards) are available.	<input type="radio"/> yes <input type="radio"/> no	
PROMOTION OF HEALTHY EATING		Select One	Comments
56	Refer to page 2.		
57	Customer Nutrition Awareness: Answers to (a) and (b) will dictate the final answer in the next column. 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 c. The DFAC displays sound and up-to-date nutrition messages? <input type="radio"/> yes <input type="radio"/> no	<input type="radio"/> yes <input type="radio"/> no	

<p>58</p>	<p>Staff Training: Answers to (a), (b), and (c) will dictate the final answer in the next column.</p> <p>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 program.</p> <p>a. Staff is trained on food items and preparation techniques that support health and nutrition goals. Staff is knowledgeable about nutrition promotion programs (i.e. Go For Green[®]). <input type="radio"/> yes <input type="radio"/> no</p> <p>b. Request to review training records and/or training lesson plans. <input type="radio"/> yes <input type="radio"/> no</p> <p>c. Does the training relate to food preparation and impacts on health and nutrition? <input type="radio"/> yes <input type="radio"/> no</p>	<p><input type="radio"/> yes <input type="radio"/> no</p>	
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