Nutrition Environment Measures Survey for Restaurants (NEMS-R)
Protocol for Online Data Collection

We have partnered with the organization Counter Tools which designed the Store Audit Center, a paperless data collection and project management system to audit stores selling tobacco products, to host the NEMS tools. To understand how to access and use the Store Audit Center to conduct a NEMS audit, please refer to the Store Audit Center training manual which can be printed from the NEMS website (www.med.upenn.edu/nems) as well as watching the short training videos. Please note for all NEMS tools, we have added a few “Other” lines to allow for some customization for your specific project.

Restaurants to Audit:
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

Instructions:

Layout:
The restaurant measures include a brief analysis of the restaurant’s website, the onsite observation of the restaurant and its menu. It consists of different sections including the cover page, summary page, site visit observation, menu review and kid’s menu review. The majority of the questions are yes/no with a comments line. It is recommended that when raters mark a “yes” response to a question, they should add a little detail in the comments for quality assurance purposes. For example, if question 11d about unhealthy eating signage is marked “yes” because there were dessert table tents present, just write in comments “dessert table tents” or if yes is marked for healthy entrees under the kid’s menu, write what it is, such as “grilled chicken”. In addition, raters should note in comments when they had to ask the wait staff about something.
**Time:**
In general, it is recommended to rate a restaurant during non-peak eating hours.

**Customizations:**
Each section within NEMS-R ends with an “Other” option question. This gives projects the opportunity to collect additional data related to each section. If a coordinator decides to use any of these “Other” lines, raters will need to be given specific instructions on what to rate. If raters do not use these “Other” lines, it is best to still have them mark “no” or “n/a” depending on the answer choice listed.

**Photos & General Comments:**
If you add the NEMS-R Photos module so raters can upload up to 4 photos into the NEMS-R audit form, remember to give raters instructions if there are specific photos you want them to capture (e.g. nutrition information signs, overeating signage, restaurant layout, etc). We suggest adding this module at the end as the last module. It also includes a general comments box.
**Restaurant type:** Mark the type of restaurant based on the categories of Fast Food, Fast Casual, Sit Down, Specialty and Other. If “Specialty” or “Other” is selected, please identify the type in the box provided.

1. **Fast Food**
   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** that ships standardized foodstuffs to the individual restaurants from central locations (i.e., McDonald’s, Arbys, Burger King, Wendy’s, etc.)
   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.**

2. **Fast Casual**
   A restaurant that is similar to fast-food in that it does not offer table service, but promises somewhat higher quality of food and atmosphere. ([http://en.wikipedia.org/wiki/List_of_fast_casual_dining_restaurants](http://en.wikipedia.org/wiki/List_of_fast_casual_dining_restaurants)) You may order and pay at a counter. Often food is brought to your table.
   - Examples: Atlanta Bread Company, Boston Market, Chipotle Mexican Grill, Culver’s, Panera Bread Company, Zaxby’s

3. **Sit-down**
   This category includes traditional **sit-down restaurants**, and **bars and pubs** with full menus that are open to all ages. These establishments offer full table service by wait staff, who take your order at the table or bar. Sit down restaurants may or may not serve alcoholic beverages while bars and pubs will.
   - Examples: Applebee’s, P.F. Chang’s, Chili’s

4. **Specialty**
   a. **Coffee/Pastry** - This category includes restaurants where coffee and/or pastries are the main items sold.
      - Examples: Dunkin’ Donuts or Starbucks.
   b. **Ice Cream/Smoothies** - 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: Planet Smoothie, Baskin Robbins

5. **Other** – All other restaurants; if the restaurant doesn’t fit into any of the other categories, use this one.
**Other question:** This is a customization question that you may or may not opt to use. If you decide to use it, make sure to specify to the raters what goes on the “Other” line (i.e., Transit stop near) and what classifies as a yes or no response. If this is not used, mark “N/A”.

**Site Visit:**
The date and start time are automatically entered as the date and time the audit form is clicked on to begin.

**Other Visit/Interview:**
The date and start time are automatically entered as the date and time the audit form is clicked on to begin.

When you have completed the information on the cover page, click “SAVE AND NEXT” to go to the next section.
NEMS-R PART 1: SUMMARY

Q1. Type of Restaurant: 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)

<table>
<thead>
<tr>
<th>Code #</th>
<th>Type of Restaurant</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>General / Mixed / American</td>
<td>Applebees, Chili’s, TGI Friday, IHOP, Waffle House</td>
</tr>
<tr>
<td>02</td>
<td>Burgers</td>
<td>McDonald’s, Wendy’s, Hardees</td>
</tr>
<tr>
<td>03</td>
<td>Chicken</td>
<td>KFC, Mrs. Winner’s, Chick-Fil-A</td>
</tr>
<tr>
<td>04</td>
<td>Sub Sandwiches</td>
<td>Subway, Blimpie, Quiznos</td>
</tr>
<tr>
<td>05</td>
<td>Pizza</td>
<td>Pizza Inn, Pizza Hut, Mellow Mushroom</td>
</tr>
<tr>
<td>06</td>
<td>Bagel / Deli</td>
<td>Einstein’s, Bagel Palace Deli</td>
</tr>
<tr>
<td>07</td>
<td>Seafood</td>
<td>Pappadeaux, Red Lobster</td>
</tr>
<tr>
<td>08</td>
<td>BBQ</td>
<td>Dusty’s, Sonny’s BBQ</td>
</tr>
<tr>
<td>09</td>
<td>Steakhouse</td>
<td>Outback Steakhouse, Ruth Chris’ Steakhouse, Longhorn</td>
</tr>
<tr>
<td>10</td>
<td>Coffee Shops</td>
<td>Starbucks, Seattle’s Best Coffee, Caribou Coffee</td>
</tr>
<tr>
<td>11</td>
<td>Ice Cream/Frozen Yogurt Shops</td>
<td>Baskin Robbins, TCBY, Cold Stone Creamery, Baskin-Robbins</td>
</tr>
<tr>
<td>12</td>
<td>Donut Shops</td>
<td>Krispy Kreme, Dunkin’ Donuts</td>
</tr>
<tr>
<td>13</td>
<td>Bakery/Pastry Shops</td>
<td>Mrs. Fields’ Cookies, Cinnabon</td>
</tr>
<tr>
<td>14</td>
<td>Bars/Pubs</td>
<td>Taco Mac, ESPN Zone</td>
</tr>
<tr>
<td>15</td>
<td>Asian (mixed, other)</td>
<td>Mama Fu’s, Chopsticks, Top Spice</td>
</tr>
<tr>
<td>16</td>
<td>Chinese</td>
<td>Red Pepper, The Golden Buddha, Panda Chinese</td>
</tr>
<tr>
<td>17</td>
<td>Thai</td>
<td>Thai Chili, Thaicoon</td>
</tr>
<tr>
<td>18</td>
<td>Japanese</td>
<td>Edo Steak House, Shogun, Fuji Japanese</td>
</tr>
<tr>
<td>19</td>
<td>Mexican</td>
<td>Chipotle, Pappasitos, Don Pablos</td>
</tr>
<tr>
<td>20</td>
<td>Italian</td>
<td>Sbarro, Olive Garden, Romano’s Macaroni Grill</td>
</tr>
<tr>
<td>21</td>
<td>French</td>
<td>Petite Auberge, Le Madeleine</td>
</tr>
<tr>
<td>22</td>
<td>Indian</td>
<td>Touch of India, Himalayas Indian, Haveli</td>
</tr>
<tr>
<td>23</td>
<td>Greek, Middle Eastern</td>
<td>Athens Restaurant, Kyma, Basil’s Mediterranean</td>
</tr>
<tr>
<td>24</td>
<td>Vegetarian</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>Other</td>
<td></td>
</tr>
</tbody>
</table>
Data Sources:

Please note: For all four potential data sources, if a yes is marked, then detailed questions pertaining to that data source appears. Initially when the page is pulled up, there are no detailed questions as shown in the screenshot to the right.

Q2. Internet Site data: Search the internet to see if the restaurant has a website to review. If yes, mark “yes” and question 3 appears. If no, mark “no” and go to the next data source question.

Q3. Internet Site Features: Review the website and mark whether or not it has an online Menu, Nutrition Information available (calories and fat information), Identification of healthier menu items (symbols or words indicating it to be a healthier item), Other (any type of other nutrition-environment relevant information such as a nutrition calculator or something your project is interested in) and the Website URL. Use Comments box if needed.

Q4. Site Visit/Observation data: Mark “yes” if you are allowed to enter the restaurant to observe and record the site visit data and answer the questions that appear. If no, mark “no” and go to the next data source question.

Q5. 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.

Q6: Take-Away Menu Data: Mark “yes” if there is a take-away menu present and answer the questions that appear. If no, mark “no” and go to the next data source question.

Q7. Take-away Menu Features: Mark whether or not the take-away menu includes Nutrition Information (calories and fat for more than one item), Identification of healthier menu items (symbols or indications next to some 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.

Q8. Interview Data: Record whether you used a formal sit-down interview. If yes, mark yes and answer the questions that appear. If no, go to Hours of Operation. Please note that asking wait staff a few questions is not considered an interview.

Q9. Interview Information: Mark the topics of the interview including Menu options, Pricing, or Other information that you could not get from the other data sources.
Hours of Operation:

Data Source: Record whether the information is obtained from the Site, Menu, or Web.

Open 24 Hours: Mark if the restaurant is open 24 hours and leave hours or operation section blank.

Q10. Hours of operation:
- Mark whether the restaurant is Open or Closed on Sunday, Thursday, Friday and Saturday.
- Mark the Meals Open times. Note that 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). If a restaurant serves brunch, mark as B (breakfast) and L (lunch).
- Record the Closing time for each day and mark AM or PM.

Access and Size of Restaurant:

Q11. 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 it in comments. Record whether there is dedicated restaurant Parking onsite.
- Mark “yes”, if parking is available in a parking lot or 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), mark “No” to parking, since it is not associated directly with the restaurant.

Q12. Size of Restaurant: Determine whether to mark Seating capacity or the Number of tables.
- Look for the official seating capacity sign, usually on wall. If there, mark Seating capacity and record the Size. Note in comments the number of outside tables, if any.
- If sign is not found, count the total Number of tables of any size, inside and outside the restaurant. Count the counter seating as one table and note the number of counter seats in comments.
- If the restaurant is in a food court and has no tables, put a “0” in Seating capacity and enter “food court” in comments.
- If the restaurant has its own tables, list the seating capacity, or count the tables and note in comments that there are dedicated tables in the food court.

After completing all of the items, click on “Save and Next”.

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Q13. Salad bar: Record whether the restaurant has a salad bar.

Signage/Promotions:
Record the following and describe the signage in comments. Please note that signage can be inside or outside the restaurant.

Q14a. Nutrition information near point of purchase
• Is nutrition information posted near point-of-purchase, or available in a brochure that is prominently displayed?

Q14b. Signs/table tents/displays highlight healthy menu options
• Signage may relate to nutritional value/food type (grilled food, salads)
  ✓ Example: “Try a low-fat option—We feature salads made with fat-free dressing”
  ✓ Example: “Eat healthy: Try our Brown Rice”

Q14c. 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!”

Q14d. 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

Q14e. Signs/table tents/displays encourage overeating
• Related to quantity
  ✓ Examples: All-you-can-eat, super-size, jumbo, grande, supreme, king size

Q14f. Low-carb promotion
• Is restaurant promoting low-carb menu items?
  ✓ Example: “The Low Carb Option”
  ✓ Example: Low-Carb Chopped Steak

Q14g. Other
• Note any other signage or displays that would influence food purchasing. If nothing to note, mark no. Your project coordinator may ask rater to look for something specific for this item.

After completing all of the items, click on “Save and Next”.

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Items 15-18 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.

**Q15a. Chips:** Record whether chips (fried) are available.

**Q15b. Baked chips:** Record whether baked chips are available.
- Note: Baked chips must have ≤ 3 grams fat/serving. Make sure to check the label.

**Q16a. Bread:** Record whether regular (enriched flour) bread is available.

**Q16b. 100% wheat or whole grain bread:** Record whether 100% wheat or whole grain bread is available. If server is unsure, mark “no.”

**Q17. 100% Fruit Juice:** Record whether 100% fruit juice is available.

**Q18. 1% Low-fat, Skim or Non-fat milk:** Record whether low-fat (1% or ½ %), skim or non-fat milk is available (yes/no). flavored milk (e.g., chocolate) does not count.
Main Dishes/Entrees:

Q19a. Total number of Main Dishes/Entrees: Count the total number of main dishes and entrees on the menu. Mark “yes” and enter the total number. 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 to get the total number:

- General rule of thumb: If an item is listed as a separate entrée, count it. Do not think too hard about it. You may encounter menu items for which there is not a rule and the project coordinator and team will need to decide how to handle it.

- Definition of an entrée: It must be distinctly different, either in ingredients, proportion of ingredients, or preparation method, and differ in ways other than just size/quantity.
  - An example of different proportion of ingredients: A cheeseburger and a double cheeseburger have proportionately different ingredients, making one higher in percent fat than the other. Proportionally, a double cheeseburger is higher in percent fat than a cheeseburger, because it has a smaller percentage of bread, lettuce and tomato (lower fat ingredients) than meat and cheese (higher fat and saturated fat ingredients). Thus, these would be two separate entrees.

- Count each type of entrée only once. If the entrée is offered in different sizes or in combination with another food, count it only once.
  - Example: Baby Back Ribs (Count as one entrée)
    ½ Rack Baby Back Ribs
  - Example: FAJITAS (Count as 2 entrees, not 4)
    Steak: Seasoned Steak Grilled to Perfection
    Chicken: Grill and Marinated Chicken Breast
    Combo: Grilled and Marinated Chicken Breast with Seasoned Steak
    Double: Your Choice of Chicken, Steak, or as a Combo

- If the entrée is listed with an option of “chicken or beef” or similar choices, count each item as a separate entree.
  - Example: Curries: Choice of Chicken, Beef, or Pork (Count as 12 entrees, not 4)
    - Panang
    - Massaman
    - Red Curry
    - Pineapple Curry
If entrees are listed together in a section, but are distinctly different, count each one as an entrée.

Example: (Count as 5 entrees, not 1)
Blimpies Hot Subs—Grilled
6 In: $3.99  6 In: Stacker: $5.19  12 In: $6.29
➢ Buffalo Chicken
➢ Ultimate Club
➢ Beef, Turkey & Cheddar
➢ Pastrami Special
➢ Reuben

If various preparation options, e.g., broiled, fried, or grilled, are available, count each preparation option as an entrée.

Example: Farm-raised Catfish, grilled or breaded and pan-fried (Count as 2 entrées, not 1)

If the same entrée is prepared with different sauces, count them as different entrées.

Example: A dozen hot wings offered in BBQ, Honey Mustard or Lemon Pepper (count as 3 entrées, not 1)
Example: Spaghetti with marinara sauce, meat sauce or Alfredo sauce (count as 3 entrées, not 1)

If an entrée is listed twice in separate sections of the menu, count it twice.

Soup is counted as an entrée if it is priced similar to other entrees.

Do not count the following as main dishes:

➢ Sushi
➢ Dim Sum
➢ Tapas

If a restaurant serves brunch items and there is no separate dinner menu, or if breakfast items are offered all day, count them as entrees.

Count “build your own” as one item.

Example: Build your own omelet (with choice of ingredients) (Count as 1 entrée)
Example: Build your own pizza (Count as 1 entrée)

If the restaurant features a buffet or smorgasbord for one price, count as one entrée. Note this in comments.

Q19b. Healthy options: If healthy symbols or notations (e.g., light fare, light, heart healthy, healthy) are next to entrees, or if calorie and fat information are provided and meet the NEMS nutrition criteria of healthy, mark “yes” and enter in the number. Listed below are the steps to count whether the options meet the NEMS definition of “healthy”. If no entrees have a healthy symbol, notation, or meet the NEMS nutrition criteria of healthy, mark “no” and enter “0” in the number space.
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 on next page)
   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 on next page).

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 on next page)
   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 on next page).

3. Add the numbers of entrees, burgers, sandwiches meeting the criteria and record in **Q19b**.

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 heart symbol, other symbol or notation. If a menu does not have any healthy options, enter “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.

<table>
<thead>
<tr>
<th>Calories</th>
<th>≤ grams of fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>≤ 179</td>
<td>5 grams</td>
</tr>
<tr>
<td>180 - 209</td>
<td>6 grams</td>
</tr>
<tr>
<td>210 - 239</td>
<td>7 grams</td>
</tr>
<tr>
<td>240 - 269</td>
<td>8 grams</td>
</tr>
<tr>
<td>270 - 299</td>
<td>9 grams</td>
</tr>
<tr>
<td>300 - 329</td>
<td>10 grams</td>
</tr>
<tr>
<td>330 - 359</td>
<td>11 grams</td>
</tr>
<tr>
<td>360 - 389</td>
<td>12 grams</td>
</tr>
<tr>
<td>390 - 419</td>
<td>13 grams</td>
</tr>
<tr>
<td>420 - 449</td>
<td>14 grams</td>
</tr>
<tr>
<td>450 – 479</td>
<td>15 grams</td>
</tr>
<tr>
<td>480 - 509</td>
<td>16 grams</td>
</tr>
<tr>
<td>510 – 539</td>
<td>17 grams</td>
</tr>
<tr>
<td>540 - 569</td>
<td>18 grams</td>
</tr>
<tr>
<td>570 - 599</td>
<td>19 grams</td>
</tr>
<tr>
<td>600 – 629</td>
<td>20 grams</td>
</tr>
<tr>
<td>630 – 659</td>
<td>21 grams</td>
</tr>
<tr>
<td>660 – 689</td>
<td>22 grams</td>
</tr>
<tr>
<td>690 – 719</td>
<td>23 grams</td>
</tr>
<tr>
<td>720 – 749</td>
<td>24 grams</td>
</tr>
<tr>
<td>750 – 779</td>
<td>25 grams</td>
</tr>
<tr>
<td>780 – 800</td>
<td>26 grams</td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>≤ grams of saturated fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>≤ 149</td>
<td>1 gram</td>
</tr>
<tr>
<td>150 – 239</td>
<td>2 grams</td>
</tr>
<tr>
<td>240 – 319</td>
<td>3 grams</td>
</tr>
<tr>
<td>320 – 419</td>
<td>4 grams</td>
</tr>
<tr>
<td>420 – 499</td>
<td>5 grams</td>
</tr>
<tr>
<td>500 – 589</td>
<td>6 grams</td>
</tr>
</tbody>
</table>

Remember, burgers and sandwiches ≤ 650 calories

<table>
<thead>
<tr>
<th>Calories</th>
<th>≤ grams of saturated fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>590 – 689</td>
<td>7 grams</td>
</tr>
<tr>
<td>690 – 769</td>
<td>8 grams</td>
</tr>
<tr>
<td>770 – 800</td>
<td>9 grams</td>
</tr>
</tbody>
</table>
Main Dish Salads

Q20a. 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 enter “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 table below).

<table>
<thead>
<tr>
<th>Examples of Protein Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tofu</td>
</tr>
<tr>
<td>Fish or seafood</td>
</tr>
<tr>
<td>Vegetarian chili</td>
</tr>
<tr>
<td>Egg (unless used only as a garnish)</td>
</tr>
<tr>
<td>Chicken or turkey (poultry)</td>
</tr>
<tr>
<td>Beef or pork (do not count bacon as a protein source)</td>
</tr>
<tr>
<td>Pinto beans, soybeans, chickpeas (or hummus) or other legumes</td>
</tr>
</tbody>
</table>

- 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

Q20b. Main dish salads: Healthy options: If healthy symbols or notations (e.g., light fare, light, heart healthy, healthy) are next to main dish salads, or if calorie and fat information are provided and meet the NEMS nutrition criteria of healthy, mark “yes” and enter in the number. Listed below are the steps to count whether the options meet the NEMS definition of “healthy”. If no main dish salads have a healthy symbol, notation, or meet the NEMS nutrition criteria of healthy, mark “no” and enter “0” in the number space.
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, enter 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, enter a “0” in the # box.

## Supplementary Information: Main Dish Salads

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Grilled, chargrilled or charbroiled chicken breast salad</td>
<td>✗ Salads with <strong>three or more</strong> of the following:</td>
</tr>
<tr>
<td>✓ Grilled fish or seafood salad</td>
<td>• Avocado or guacamole</td>
</tr>
<tr>
<td>✓ Turkey breast or ham as ingredients</td>
<td>• Bacon</td>
</tr>
<tr>
<td>✓ Vegetable salad</td>
<td>• Cheese</td>
</tr>
<tr>
<td></td>
<td>• Croutons</td>
</tr>
<tr>
<td></td>
<td>• Egg (if already have a protein source)</td>
</tr>
<tr>
<td></td>
<td>• Fried (crispy) noodles, tortilla strips (or similar fried garnishes)</td>
</tr>
<tr>
<td></td>
<td>• Nuts</td>
</tr>
<tr>
<td></td>
<td>• Olives</td>
</tr>
<tr>
<td></td>
<td>• Pesto</td>
</tr>
<tr>
<td></td>
<td>• Sausage or pepperoni</td>
</tr>
<tr>
<td></td>
<td>• Salami, bologna, pastrami, corned beef or other high-fat lunch meat</td>
</tr>
<tr>
<td></td>
<td>• Sour cream</td>
</tr>
<tr>
<td>✗ Mayonnaise-based salads such as tuna salad, chicken salad</td>
<td>✗ Caesar salad</td>
</tr>
<tr>
<td>✗ Salad topped with fried chicken or other fried meat</td>
<td>✗ Salad in a fried shell (e.g., taco salad)</td>
</tr>
</tbody>
</table>
Q20c. **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 enter “0” in the # box. If nutrition information is available, check to see if any dressings qualify using the fat chart. Some do but may not be labeled as low-fat or fat free on the menu. Note that free pour of oil and vinegar does not count as a low-fat dressing.

Q21. **Fruit (w/out added sugar)**: Look for any fruit side dishes and see if they meet the NEMS criteria of no added sugar (see Supplementary Information table below for guidance).

- If there is fruit without sugar, mark “yes” and enter the number in the # box.
- 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 enter “0” in the # box.
- If there is nutrition information, check to make sure that fruit qualifies as sometimes there may be added sugar not noted on the menu.

<table>
<thead>
<tr>
<th>Supplementary Information: Fruits Without Added Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Yes</strong></td>
</tr>
<tr>
<td>✓ Fresh fruit or canned fruit (in fruit juice)</td>
</tr>
<tr>
<td>✓ Fresh fruit compote</td>
</tr>
<tr>
<td>✓ Fresh fruit salad without dressing or on the side</td>
</tr>
<tr>
<td>✓ Fresh fruit with yogurt</td>
</tr>
<tr>
<td>✓ Fresh fruit plate with cottage cheese</td>
</tr>
<tr>
<td>✓ Fresh fruit on the salad bar</td>
</tr>
<tr>
<td><strong>No</strong></td>
</tr>
<tr>
<td>× Cinnamon apples</td>
</tr>
<tr>
<td>× Fruit canned in syrup</td>
</tr>
<tr>
<td>× Fruit salad with dressing</td>
</tr>
<tr>
<td>× Applesauce (unless specifically know that no sugar is added)</td>
</tr>
</tbody>
</table>

Q22. **Non-fried Vegetables (without added sauce)**: 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 (see Supplementary Information table below for guidance).

- If there is any indication of a sauce (e.g., steamed broccoli with a buttery sauce), it does not count.
- 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.
- If there is nutrition information available for the sides, make sure that the vegetable qualifies. For example, it might say “Steamed broccoli” but the nutrition information states 80 calories with 6 grams of fat which would mean that this item would not qualify as a non-fried vegetable.
- If there are non-fried vegetables without added sauce, mark “yes” and enter the number in the # box.
- If there are no vegetables that meet the criteria, mark “no” and enter “0” in the # box.
**Supplementary Information: Non-fried Vegetables Without Added Sauce**

Note: Do not count vegetables that are a part of a main dish, such as those found in stew or spinach lasagna. Do not count vegetables on the salad bar.

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Raw (e.g., sliced tomato)</td>
<td>✓ Mixed dishes, such as lasagna, pot pie, stew, spinach calzone, or</td>
</tr>
<tr>
<td>✓ Steamed</td>
<td>shepherd’s pie</td>
</tr>
<tr>
<td>✓ Grilled or chargrilled</td>
<td>✓ Fried, stir-fried</td>
</tr>
<tr>
<td>✓ Baked</td>
<td>✓ Breaded</td>
</tr>
<tr>
<td>✓ Pickled</td>
<td>✓ Au gratin</td>
</tr>
<tr>
<td></td>
<td>✓ Casserole</td>
</tr>
<tr>
<td></td>
<td>✓ Creamed</td>
</tr>
<tr>
<td></td>
<td>✓ Scalloped</td>
</tr>
<tr>
<td></td>
<td>✓ With sauce</td>
</tr>
<tr>
<td></td>
<td>✓ Glazed</td>
</tr>
<tr>
<td></td>
<td>✓ Sauteed</td>
</tr>
<tr>
<td></td>
<td>✓ Potatoes</td>
</tr>
<tr>
<td></td>
<td>✓ Pinto beans or other dried beans or peas</td>
</tr>
</tbody>
</table>

**Q23. Diet Soda:** Record whether the restaurant offers diet soda (<5 calories per serving is considered calorie free).

**Q24. Other Healthy or Low Calorie Beverage:** 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.

**Q25. Other:** This is a customizable “Other” allowing project coordinators and teams to add either a specific item related to the menu review or something else that a rater wants to note about the menu. If not used, mark no.
Facilitators and Supports

(Note: Always assess the following on the menu, if available, even if you have reviewed the Web site.)

Q26a. Nutrition information
- Nutrition information must be listed for more than one item and also include as a minimum: Calories and total fat

Q26b. 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 as these aren’t necessarily healthy.

Q26c. 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 Q26c is “No”, or “Standard” then mark Q28d “N/A”.

Q26d. Encourage healthy requests
- Do menu notations encourage healthy requests and indicate that it would make the selection a healthier choice?
  ✓ Example: Under the “Low-Fat Meals” section, the menu says, “Ask your server for Fat-free Ranch Dressing for salads.”
  ✓ Example: Menu says, “A lighter quantity of rice or beans is no problem—just ask!”
  ✓ Example: Menu says, “Our sandwiches are topped with lettuce, tomato and cheese. For a lower-fat option, ask for lettuce and tomato only.”

Q26e. Other
- Note any other facilitators and supports on the menu. If nothing to note, mark no.

Barriers

Q27a. Large portion size encouraged?
- Does the restaurant promote large portion sizes on the menu?
  ✓ Example: Super-sized items
  ✓ Example: Giant spuds
  ✓ Example: The Heap (“A heap of…”)

Q27b. Discourage special requests
- Do menu notations discourage special requests
  ✓ Example: “No substitutions”
  ✓ Example: “Extra charge for substitutions”
Q27c. All-You-Can-Eat or Unlimited Trips
• Does not include beverages, unless it is a milkshake or ice-cream drink and also does not include a salad bar which was already noted in question 10.
  ✓ Example: All-you-can-eat buffet
  ✓ Example: “We keep bringing the food until you stay ‘stop’”

Q27d. Other barriers
• Record other barriers not previously noted and describe in comments. If nothing to note, mark no.
  ✓ Example: free refills on bread or French fries

Pricing
Q28a. Combo meals
• Identify if combo meals are more, the same, or less than purchasing individual items.
  ➢ Definition of Combo Meal:
    1. A combo meal combines several menu items that would otherwise be sold separately.
    2. It is not an entrée with side dish(es), but separate items with separate prices, put together as a "combo".
    3. It may include a drink but not necessarily.
    4. 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

Q28b. 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 Q19b (healthy entrees) and Q20b (healthy main dish salads), 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 Q28b once you have determined if it is a healthy option.

Q28c. Extra charge for shared entrée
  ✓ Example: Notation on menu-- “$1.50 plate charge for shared entrée”

Q28d. Smaller portion pricing
• Is a smaller portion more, the same price, or less than a regular portion?

Q28e. Other
• Note any additional pricing incentives that encourage overeating or healthy eating and describe in comments. If none, mark NA.
NEMS-R Part 6: Kid’s Menu Review (Items 29a – 29n)

Kid’s menu
In general, stick to the kid’s menu as the source of information for answering questions about the kid’s menu. However, if not specifically stated on the kid’s menu or if referred by the kid’s menu to the full menu (e.g., can substitute any other side, but no sides are listed on the kid’s menu), look on the full menu for:
1) 1% lowfat, skim or non-fat milk and 100% juice availability,
2) whether refills are free on unhealthy drinks, and
3) if there are healthy sides.

If any information is obtained from the full menu to answer a kid’s menu question, please note “from full menu” in comments.

Q29. Kid’s menu?
• Determine whether there is a kid’s menu. If there is not a kid’s menu, mark no and then mark “NA” for items Q29a-n.

Q29a. Age limit
• Record in Q29a the age limit listed on the menu by marking 10 and under, 12 and under, or other. If other is marked, write the age limit on the line provided. If an age limit is not stated on the menu, mark other and write whatever is listed on the menu (e.g., “kids of all ages”). If there is no age limit, meaning adults can order from the kid’s menu, mark “NA”.

Q29b. Healthy entrees
• Record in Q29b whether the kid’s menu contains healthy entrees for lunch or dinner (e.g., grilled chicken sandwich or pasta with tomato sauce). Do not consider breakfast items. The burden of proof must be on the kid’s menu to identify that an entrée is healthy or prepared in a healthy way.

Use the following guidelines:
• Healthy preparations such as “grilled”, “baked” or “broiled” generally are considered a healthy choice (e.g., grilled chicken).
• Preparations such as “fried” are not considered healthy. Unless otherwise noted, fish and chicken entrees should be considered fried (e.g., chicken fingers or chicken wings).
• Anything with “cheese”, “butter” or a cream sauce as a significant ingredient (e.g., mac ‘n cheese, cheese ravioli, pasta with butter) is not considered healthy.
• Anything with red meat is not considered healthy (e.g., hamburger, taco, hotdog).
• Green salads are considered a healthy entrée regardless of dressing, unless the protein source does not follow the guidelines above. For example, a salad with fried chicken as the protein source is not a healthy entrée.
• Only rate a peanut butter and jelly sandwich as healthy, if it is "modified" to be made with whole wheat bread or all fruit preserves (lower sugar).

• Pizza is not considered healthy.

• Do not automatically consider an item as healthy if it is labeled as “healthy”.

• Do not consider items promoted as low carbohydrates as “healthy” options.

Q29c-d. 100% juice and milk
• Record in 25c and 25d whether the restaurant serves 100% fruit juice and low-fat (1% or ½ %), skim or non-fat milk. Flavored milk does not count.

Q29e. Unhealthy drinks
• Record in 25e whether there are free refills on unhealthy drinks (e.g., sugared sodas).

Q29f. Healthy sides
• Record in 25f whether there are healthy side dishes (e.g., rice, salad, beans, low-fat yogurt, cottage cheese, applesauce, etc.).

Use the following guidelines:
• Fruit or vegetables are considered healthy unless things are added to them to make them unhealthy such as added sugar or butter (see Supplemental information: Fruits without added sugar pg. 21 and Non-Fried Vegetables without added sauce pg. 22). Note that although applesauce does not count as fruit without added sugar for the full menu review, it does count as a healthy side for kids. Raisins would also count as a healthy side.

• Beans/legumes are considered healthy if they meet the following criteria: 1) Must have nutrition information available; 2) Less than or equal to 30% of calories from fat (see % Fat Chart); and 3) If saturated fat data are available, check to see if the items that meet the total fat criteria also have less than or equal to 10% of calories from saturated fat (see % Fat Chart). These criteria include all varieties of legumes/beans (e.g. kidney, black, lima, pinto) with the exception of green beans/string beans which are considered vegetables.

• Green salads are considered a healthy side regardless of the dressing.

• Raw vegetables served with dipping sauces or dressing (e.g., carrot sticks with ranch dressing) are considered healthy sides.

• Baked chips are considered healthy.
Mayonnaise or oil-based sides (e.g., coleslaw, potato salad, etc.) are not considered healthy.

Other sides where oil or butter is typically added to the preparation are not considered healthy (e.g., garlic bread, mashed potatoes, stuffing or dressing, etc.)

Sides with cheese as a primary ingredient are not considered healthy (e.g., macaroni casserole).

**Q29g. Healthy side substitutions**

- Record in Q29g whether a healthy side item can be substituted for an unhealthy side item (e.g., french fries). An assigned side is one that is designated for a specific entrée on the menu (e.g., hamburger with french fries).
- Mark “NA” when no entrees are assigned a specific side.
- Mark “yes” if two or more side options are assigned to a given entrée and at least one is healthy.

**Q29h. Assigned sides**

- Record in Q29h whether any entrees that have assigned sides include an assigned healthy side (e.g., steamed veggies). An assigned side is one that is designated for a specific entrée on the menu (e.g., hamburger with french fries).
- Mark “NA” when no entrees are assigned a specific side.

**Q29i-j. Desserts**

- Record in Q29i whether unhealthy desserts are automatically included in a kid’s meal. Unhealthy desserts include ice cream-based desserts (e.g., sundaes, ice cream smoothies, milkshakes) and other sugar-based desserts (e.g., slushees). If a dessert is not specifically listed (e.g., labelled generically as a “special treat”), consider it an unhealthy dessert.
- Record in Q29j whether there are healthy desserts available, either free or at additional cost. Healthy desserts are fruit without added sugar or unhealthy topping, fruit with a healthy topping added (e.g., low-fat yogurt), or lowfat frozen yogurt.

**Q29k. Nutrition information**

- Record in Q29k whether nutrition information, which includes either calories or fat, is listed on the kid’s menu. Note that for nutrition information for the regular menu, it must list calories and fat.
Q29i. Other unhealthful eating promotion

- Record in Q29i whether there are other unhealthy eating promotions on the kid’s menu other than what you have already noted (e.g., free dessert) and describe in comments.

Use the following guidelines:

- Cheaper price indicated for adding more food than if the additional food was purchased separately (e.g., Chillin’ Fruit Freezers are 99¢ with the purchase of a Pepper Pal meal; $2.29 if purchased separately).

- Specific encouragement to add an unhealthy dessert at an inexpensive price (<$1.50) to the existing meal even when the full price of the dessert is not specified (e.g., Sundae 99¢ with kid’s meal purchase).

- Inexpensive desserts that are not specifically encouraged do not count as an unhealthy promotion (e.g., $1.49 sundae is listed under dessert).

- Kids eat free or get a free kids meal with an adult meal purchased is not considered an unhealthy promotion.

Q29m. Other healthful eating promotion

- Record in 25m whether there are any healthy eating promotions on the kid’s menu and describe in comments (e.g., substitute whole wheat pasta or order the steamed broccoli!).

- Additional costs for healthy additions to meal combinations (e.g., extra juice box for 79¢) would not be considered as a healthy promotion.

Q29n. Other

- Record anything related to the kid’s menu not previously noted and describe in comments. If nothing to note, mark no. Your project coordinator may ask rater to look for something specific for this item.

Site Visit:
The end time is automatically recorded when you hit save and done.

Other Visit/Interview:
The end time is automatically recorded when you hit save and done.

When you have completed the information, click “SAVE AND DONE”.

\$col 02/15/2015