NPS Restaurant - Survey Protocol

These measures are designed to rate the nutrition environments of restaurants serving either lunch or dinner. Specialty shops such as coffee or ice cream shops, unless these shops serve lunch or dinner items (e.g., sandwiches), should be rated using the SNACK SHOPS tool. In addition, other establishments that may serve food but fall into an exclusions category are as follows:

**Exclusions**
- Establishments not open to the general public, or those where you have to pay a charge just to enter.
- Establishments NOT within the national park boundaries.
- 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.), workplace cafeterias

In these protocol instructions, each section of the survey is shown, followed by instructions for completing that section.

**Restaurant Type:**
- Sit-down Restaurant (order from waiter while sitting at table)
- Fast Casual (order at counter then sit down)
- Other: 

**Restaurant Type:**

1. Sit-down Restaurants category
   This category includes traditional sit-down restaurants, and bars and pubs with full menus that are open to all ages.
   a. **Sit-down Restaurant** - Restaurant that offers full table service by wait staff, who take your order at the table.
      Examples: Applebee’s, Beni Hana, Cheesecake Factory
   b. **Bars/Pubs** - A restaurant that sells a full range of alcoholic beverages, has a full menu and is open to all ages. These are to be listed under the Sit-down Restaurants heading.

2. Fast Casual Restaurant
   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. You may order and pay at a counter. Often food is brought to your table.
   a. Examples: Boston Market, Chipotle Mexican Grill

3. Other
   This may include fast food restaurants (order/pick up at the counter, never brought to table). Food is commonly cooked in bulk in advance and kept hot, or reheated to order.
   Example: McDonald’s.
COVER SHEET:

Rater ID:   
Park ID:    
Restaurant ID:  

Restaurant Name: ________________________________________

1. Record Rater ID, Park ID, Restaurant Name & ID

Site Visit:

Date: __/__/____  
Month Day Year

Start Time: [ ] [ ] [ ]
○ AM ○ PM

End Time: [ ] [ ] [ ]
○ AM ○ PM

2. Record the date, start and end times of the site visit.

Record the following at the top of all pages of the form:

1. Park ID
2. Restaurant ID
3. Today’s date
4. Rater ID

TYPE OF RESTAURANT:

1) Type of Restaurant:  Code#:    

1) Record code from Restaurant Code List for type of restaurant, basing it on the main category of cuisine served (e.g., if it is a Chinese vegetarian restaurant, code it as Chinese, not Vegetarian).
2) Data Sources (check all that apply):
   - site visit
   - menu
   - internet

2) Data sources: Site visit/Observation/ Interview/Internet
Record all the data sources that you use in completing the data collection form for this restaurant.

3) Hours of operation:

   Weekday  ○ open ○ closed
   Opening time: [ ] : [ ] O AM O PM
   Closing time: [ ] : [ ] O AM O PM
   ○ Open 24 hours (If 24 hour, leave Hours of Operations section blank)
   ○ Hours not listed
3) **Hours of Operation**
- Is the restaurant open or closed on a “typical” weekday or “typical” weekend day as indicated below?
  - Weekday is defined as Monday, Tuesday, Wednesday, Thursday, Friday
  - Weekend is defined as Saturday or Sunday
  - If restaurant is opened Monday, Tuesday, Thursday, Friday, but closed Wednesday, record schedule most common among days open.
- Record the first hour open, and mark *am or pm*
- Record the last hour open, and mark *am or pm*
*If a restaurant opens/closes multiple times per day, please list the first opening time and the last closing time (e.g. if it opens at 8a for breakfast/lunch, closes at 2p, then re-opens at 5p for dinner and closes at 10p – please list opening time as 8a and closing time as 10p)*
- If the restaurant is open 24 hours, leave the rest of Section 4 blank.
- Mark if the hours are not listed

4) **Access**
Record whether restaurant is accessible by car or other motorized vehicle or if it accessible by foot only.

5) **Seating**
- Mark whether tables are present.
- If tables are present, count the number of tables of any size. Count both exterior and interior tables. Count the counter seating as one table and note the number of counter seats in comments.
- If the snack shop is in a food court and has no tables, fill in seating capacity = 0 and note in comments that the restaurant is in a food court.

6) **Operated by:**
- Large food vendor
- Small business owner
- I don’t know

Name of food vendor, if known: ____________________________

6) **Restaurant Operator:**
Record if restaurant is operated by a large food vendor or concessioner (e.g. Aramark, Forever Resorts, Delaware North, etc) or a small business owner. This information can often be found on signs/displays at the front of the establishment. Record the name of concessioner or restaurant operator in comments section. If this information is unavailable, mark “Don’t Know.”
a. Signs/table tents/displays highlight healthy menu or restaurant options
   i. Signage may relate to nutritional value/type of food (grilled food, salads)
   ii. Please note that signage can be inside or outside the restaurant
      1. Example: “Try a low-fat option—We feature salads made with fat-free dressing”
      2. Example: “Eat healthy: Try our Brown Rice”

b. Signs/table tents/displays encourage healthy eating
   i. Signage that generally encourages making healthy choices
      1. Example: “Here’s to Eating Well”
      2. Example: “Fruits and Vegetables—the Smart Choice!”

c. Signs/table tents/displays encourage unhealthy eating
   i. It can be related to nutritional value/type of food (promoting rich desserts and fried foods) or price (combo discounts)
      1. Example: “Try our cheesecake: Rich & creamy”
      2. Example: Posters featuring pictures of high-fat foods
      3. Example: Promotional signs or posters pushing combo discounts
      4. If bulk candy or similar encouragement of purchasing high quantity of high-fat/high-sugar foods is present, mark “yes” for unhealthy eating promotion

d. Signs/table tents/displays encourage overeating
   i. Related to quantity
   ii. Examples: All-you-can-eat, super-size, jumbo, grande, supreme, king size, feast descriptors

e. Signs/table tents/displays promote water consumption
   i. Signage that encourages drinking water
1. Example: “Here’s to Drinking Water”
2. Example: “Water—The Healthy Choice”

f. 1) Signs/table tents/displays promote free refills on sugar drinks
   i. Signage promoting free refills from fountain stations or from menu on sugar drinks (e.g. non-diet soda, sweetened tea, juice-flavored drinks)
   ii. If no fountain station or area for beverage self-service, mark not applicable (N/A)

2) Signs/table tents/displays promote free refills on diet drinks
   iii. Signage promoting free refills from fountain stations or from menu on diet drinks (e.g. diet soda, artificially sweetened tea/water)
   iv. If no fountain station or area for beverage self-service, mark not applicable (N/A)

2) Signs/table tents/displays promote local/regional/or state grown/produced items
   i. Local/regional/state grown items are highlighted
      1. Example: “Try our locally grown greens”
      2. Example: “Try our fish from our local Florida coast”

h. Signs/table tents/displays promote sustainable farming practices or sustainably produced items
   i. Sustainability Definition: Produced by a food system in which resources are used at the same rate of recovery
   ii. For this survey: mark whether signs/displays advertise “sustainably” produced items
      1. Example: “We only support sustainable seafood”
      2. Example: “Try our local produce from sustainable food systems”

i. Signs/table tents/displays promote organic items
   i. Organic Definition: Foods produced using methods that do not involve modern synthetic inputs (e.g. irradiation, additives, genetically modified organisms, or chemical additives)
   ii. For this survey: mark whether signs/displays advertise “organic” items
      1. Example: “We support our local organic farmers”
      2. Example: “Try our organic veggie burger”

j. Menus identify local/regional/or state grown/produced items
   i. Local/regional/state grown items are identified on the menu
      1. Example: Local items marked with a pea pod

k. Menus identify sustainable farming practices or sustainably produced items
   i. Example: Sustainable seafood marked with a fish icon

l. Menus identify organic items
   i. Example: Organic items marked with a USDA Organic icon

m. Other signage in restaurant
   i. Can pertain to facilitators, barriers, or nutrition information
2a) Total number of main food items (e.g. entrees, sandwiches)
   a. Count the total number of main dishes and entrees on the menu. (If no menu, mark “N/A”)
      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.
   b. Use the following guidelines:
      c. General rule of thumb: If an item is listed as a separate entree, count it. Do not think too hard about it.
      d. **Definition of a main item**—It must be distinctly different, either in ingredients, proportion of ingredients, or preparation method and differ in ways OTHER THAN JUST SIZE/QUANTITY
      e. 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.
      f. Count each type of entree only once. If the entree is offered in **different sizes** or in combination with another food, count it only once.
         ii. Example: Baby Back Ribs (**Count as one entree**)  
            ½ Rack Baby Back Ribs
         iii. 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
      g. If the entree is listed with an **option of “chicken or beef”** or similar choices, count each item as a separate entree.
         iv. Example: Curries: Choice of Chicken, Beef, or Pork (**Count as 12 entrees, not 4**)  
            Panang
            Massaman
            Red Curry
            Pineapple Curry
      h. If entrees are listed together in a section, but are **distinctly different**, count each one as an entree.
         v. 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

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

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

j. If the same entree is prepared with **different sauces**, count them as different entrees.

   vii. Example: A dozen hot wings offered in BBQ, Honey Mustard or Lemon Pepper (*count as 3 entrées, not 1*)

   viii. Example: Spaghetti with marinara sauce, meat sauce or Alfredo sauce (*count as 3 entrées, not 1*)

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

l. **Soup** is counted as an entree if it is priced similar to other entrees.

m. Do not count the following as main dishes: Sushi, Dim Sum, Tapas

n. 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.

o. Count “**build your own**” as one item.

   ix. Example: Build your own omelet (with choice of ingredients) (*Count as 1 entée*)

   x. Example: Build your own pizza (*Count as 1 entée*)

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

**2b) Healthy main dish options** If calorie and fat information or a healthy symbol or notation (e.g., light fare, light, heart healthy, healthy) are provided, mark “yes”. If not, mark “no”. Then follow the steps below to count whether the options meet the NEMS definition of “healthy”.

If nutrition information is available:

a. Count the number of **entrees (except burgers and sandwiches)** that meet all three of the following criteria:
   a. ≤ 800 calories
   b. ≤ 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 ≤ 10% of calories from saturated fat (see % Fat Chart).

b. Count the number of a la carte **burgers and sandwiches** that meet all three of the following criteria:
   a. ≤ 650 calories
   b. ≤ 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 ≤ 10% of calories from saturated fat (see % Fat Chart).
c. Add the numbers of entrees, burgers, sandwiches meeting the criteria and record in #7b on data collection form.

d. If a menu does not have any healthy options, write “0” in the # box.

If nutrition information is **not** available:

a. Record the number of entrees identified as **“light fare,”** **“light,”** **“heart healthy,”** sometimes designated with a small heart symbol.
   a. If a menu does not have any healthy options, write “0” in the # box.

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## % 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 entree. Find where each entree 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 entree. If the fat grams in the entree are greater than the chart, it is not counted as a healthful 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 – 599</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>

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2c) **Vegetarian choices:**

- Indicate whether any vegetarian options are on the menu
- Vegetarian indicates no animal meat sources (ex: fish, pork, beef, chicken, turkey)
- Eggs, cheese & butter may be present in vegetarian items
- List any items that appear to be vegetarian (from menu) or are labeled as vegetarian
3) Main dish salads:
   a. Total # Main dish salads ○ yes ○ no #
   b. Healthy Options ○ yes ○ no #
   c. Low-fat or fat free salad dressings ○ yes ○ no #

3a. Total #Main dish salads
   a. Record the total number of main dish salads of any kind listed on the menu and mark “yes.” See definition of main dish salad below. If there are no main dish salads on the menu, mark “no” and write “0” in the # box.

   b. Definition of a Main Dish Salad:
      a. A main dish salad is of sufficient size to be the central part of a meal (or a meal in itself) and typically contains at least one protein source as an integral ingredient (see list for examples).
      b. 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, or Extras
      c. Do not count salads that are indicated for sharing
      d. Greek or Mediterranean salads should be counted as a main dish salad, if they meet the size/price criterion.
      e. 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.
      f. 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

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

3b. Main dish salads: Healthy options
   a. If calorie and fat information or a healthy symbol or notation (e.g., light fare, light, heart healthy, healthy) are provided, mark “yes”. If not, mark “no”. Follow the steps below to count whether the main dish salads meet the NEMS definition of “healthy” based on whether nutrition information is or isn’t available.

   If nutrition information is available:
   a. Record the number of main dish salads that meet all three of the following criteria:
      i. ≤ 800 calories
      ii. ≤ 30% of calories from fat (see % Fat Chart)
iii. If saturated fat data are available, then check to see if the items that meet the total fat criterion also have ≤ 10% of calories from saturated fat (see % Fat Chart).

b. If there are none that meet the criteria, write a “0” in the # box

If nutrition information is not available:

a. Record the number of main dish salads with ≤ two high-fat ingredients (see Supplementary Information below for list).

b. If there is no low-fat or fat-free dressing available, then the salads cannot be counted as healthy options.

c. If there are none that meet the criteria, or if the salad ingredients are not listed, write a “0” in the # box.

### Supplementary Information: Main Dish 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 separate list of dressings).

<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 three or more 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</td>
</tr>
<tr>
<td></td>
<td>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</td>
</tr>
<tr>
<td></td>
<td>lunch meat (roast beef, okay)</td>
</tr>
<tr>
<td></td>
<td>● Sour cream</td>
</tr>
<tr>
<td></td>
<td>● Mayonnaise-based salads such as tuna salad, chicken salad</td>
</tr>
<tr>
<td></td>
<td>● Caesar salad</td>
</tr>
<tr>
<td></td>
<td>● Salad topped with fried chicken or other fried meat</td>
</tr>
<tr>
<td></td>
<td>● Salad in a fried shell (e.g., taco salad)</td>
</tr>
</tbody>
</table>

3c. **Main dish salads: Low-fat or fat free salad dressings**

a. Record whether the restaurant has low-fat or fat-free salad dressings. If yes, record how many there are. If none, mark “no” and write “0” in the # box.

b. 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.
4) **Restaurant salad bar**: Record if the restaurant has a **salad bar** at the time of scan
   a. If restaurant has a salad bar, record if there are low-fat/fat-free dressings in the salad bar
   b. List low-fat/fat free dressings in comments if applicable

5) **Side Items**
   a) **Fruits without added sugar/syrup**:  
      a. Record the number of fruit items without added sugar (see **Supplementary Information**)
      b. If there are no fruit items without added sugar, mark “no” and write “0” in the # box.
      c. Again, if there is nutrition information, check to make sure that fruit qualifies as sometimes there may be added sugar not noted on the menu.
      d. Fruit items can be either prepared or pre-packaged.

<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>
</tbody>
</table>

b) **Fruit with added sugar**
Record any fruits served that do NOT meet healthy nutrition criteria above

c) **Vegetables**:
   a. 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.
b. If there is indication of a sauce (e.g., steamed broccoli with buttery sauce), it does not count.
c. 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 healthy.
d. Salad listed as a side when the restaurant has low-fat or fat free dressings counts.
e. If there is nutrition information available for the sides, make sure that the vegetable qualifies.
   a. 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.
f. Record the number of non-fried vegetables (also without sauce or breading) and mark “yes”. (See Supplementary Information below for guidance.)
g. Vegetables can be either prepared or pre-packaged.
h. If there are no vegetables that meet the criteria, mark “no” and write “0” in the # box.

Supplementary Information: Non-fried Vegetables Without Added Sauce

<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 shepherd’s pie</td>
</tr>
<tr>
<td>▪ Steamed</td>
<td>▪ Fried, stir-fried</td>
</tr>
<tr>
<td>▪ Grilled or chargrilled</td>
<td>▪ Breaded</td>
</tr>
<tr>
<td>▪ Baked</td>
<td>▪ Au gratin</td>
</tr>
<tr>
<td>▪ Pickled</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>

d) Vegetables with sauce/fried
Record any vegetables served that do NOT meet healthy nutrition criteria above.

e) French fries
   a. Record whether French fries are available
   b. If so, list the # of varieties available:
      a. Different cuts of potato each count as a variety
      b. French fries with different toppings count as a variety
i. Example: shoestring or waffle fries with option of adding cheese counts as 4 varieties

f-g) Chips & Baked Chips
   - Record whether chips (fried) and baked chips or low-fat pretzels are available (yes/no).
   - Note: Baked chips must have ≤ 3 grams fat/serving. Baked Lays® and Baked Tostitos® meet this criterion; however, Baked Doritos® do not.
   - If baked chips and low-fat pretzels are both available, use the baked chips information for price and size comparison.

6) Wheat bread
   Record whether 100% whole wheat or whole grain bread is available (yes/no).

7) Desserts
   - Mark yes/no whether any listed items are present
   - Write in the # of varieties
     a. Example: If there are 4 flavors of frozen yogurt, list 4
     b. Example: If there are 2 cookie, 1 chip, and 2 pretzel 100-cal snack packs, then list 5 varieties
   - Do NOT count different sizes of the same item as 2 separate items, but DO count two flavors as 2 separate items

Beverage Review

8. Is plain drinking water available? (Mark yes or no)
   a. What sources of free plain drinking water are available?
      -As part of fountain drink station
      Water is dispensed when pushing a button as part of station which includes other beverages (e.g. fruit drink, sodas)
- Water cooler
  Example: water jug visible on top of independent dispenser
- Filtration device
  Example: independent tap/dispenser, no visible water jug
  Example: UV water filtration device
  Example: small independent spigot
- Water pitcher
  Example: water jug/pitcher
- Water fountain
  Example: Stand alone device that dispenses water for immediate consumption
- Other water source
- None

*See NPS Water protocol for pictures of each type of water source*

b. Fee associated with free plain water
  xi. Is there a charge for cup or glass for water, or charge for ice?

c. Are sources of free water operational at time of scan?
   xii. Mark if all sources listed in 2a. are working

d. Record the number brands of bottled water available
   xiii. Example: #brands (Dasani, Aquafina, Evian, Fiji) = 4

e. Record if multiple sizes of bottled water available
   xiv. Example: 20 oz and 1 Liter sizes

f. Mark if reusable water bottles are available for sale or rental (e.g. stainless steel or hard plastic reusable/washable containers, example: Nalgene, Cambelbak). Comment on the price if available.

g. List the brand, price and bottle size of a 20 ounce bottle of water. If multiple brands are present, pick the least expensive brand. If two brands cost the same amount, pick the brand that’s name starts with the letter closest to A in the alphabet.

h. List the brand, price and bottle size of a reusable water bottle for sale, if present. If there are multiple bottles available, pick the least expensive bottle. If there are two small bottles that are the same price, pick the brand that’s name starts with the letter closest to A in the alphabet.
9) Record the healthy or low calorie beverages available
   a. Diet soda
      i. Record the price and bottle/cup size of diet soda
      ii. Pick the diet soda that is the least expensive to record
   b. Unsweetened tea
   c. Artificially sweetened flavored waters (≤10cal/8 oz)
      i. Example: Aquafina Flavor Splash, VitaminWater Zero
   d. Diet or low-calorie sports drink (≤10cal/8 oz)
   e. Diet or low-calorie energy drink (≤10cal/8 oz)
      i. Example: low calorie Monster drink
   f. 100% fruit juice
      i. Mark if there is an 8 ounce or less size available
   g. 1% Low-fat or non-fat/skim cow milk (unflavored)
   h. Dairy alternative milk (soy, almond, rice), unflavored
      i. Coffee (≤10cal/8oz)
   j. Other
*Record the price and bottle/cup size of diet soda and 100% fruit juice. Pick the cheapest brand/variety available. If two are the same price, pick the variety whose name starts with the letter closest to A in the alphabet

10) Record the sugar sweetened beverages available
   a. Soda
   b. Sweetened tea
   c. Sports drinks (>10cal/8 oz)
      i. Example: Gatorade, Powerade
   d. Flavored waters (>10cal/8 oz)
      ii. Example: Vitamin water
e. Energy/Coffee drinks
   iii. Example: Red Bull, Monster
f. Juice-flavored drink
   iv. Example: Lemonade, CRANBERRY JUICE
g. Flavored milk (cow)
   v. Example: Chocolate milk
h. Flavored milk (soy, almond, rice)
   vi. Example: Vanilla soy milk
k. Coffee drink (syrup/sugar added)
i. Example: Starbucks frapuccino

*Record the price and bottle/cup size of soda and juice-flavored drink. Pick the cheapest brand/variety available. If two are the same price, pick the variety whose name starts with the letter closest to A in the alphabet

11a. Nutrition information
    ■ Nutrition information must be listed for more than one item

11b. Healthy entrees identified
    ■ Entrees must be: 1) in a separate section identified as healthier choices or 2) have a symbol with a footnote describing them as a healthier choice.
    ■ Do not include low-carb or vegetarian notations.
    ■ If healthy entrees are identified, record if the restaurant identifies standards for what constitutes a healthy item (e.g. healthy entrees <600 calories)

11c. 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: “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.”

11d. Other
    ■ Note any other facilitators and supports on the menu. If nothing to note, mark no.
12) Barriers

a. Large portion sizes encouraged?
   - Does the restaurant promote large portion sizes on the menu?
     - Example: Super-sized items
     - Example: Giant spuds
     - Example: Colossal burger
     - Example: The Heap (‘A heap of…”’)

b. Discourage special requests
   - Do menu notations discourage special requests
     - Example: ‘No substitutions’
     - Example: ‘Extra charge for substitutions’

c. All-You-Can-Eat or “Unlimited trips”
   - Example: All-you-can-eat buffet including salad bar
   - Example: ‘We keep bringing the food until you stay ‘stop’”
   - Does not include beverages.

d. Unhealthy items present at point of purchase?
   - Example: Brownies next to cash register

e. 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
a. Combo meals
   - Identify if combo meals are more, the same, or less than purchasing individual items.
   - **Definition of Combo Meal**
     - A combo meal combines several menu items that would otherwise be sold separately.
     - It is not an entrée with side dish(es), but separate items with separate prices, put together as a "combo".
     - It may include a drink but not necessarily.
     - It does not matter if they offer diet drinks (since all McDonald's, Burger King, etc., do this also).
     - Example: Burger + fries + soda as a combo, vs. burger + fries + soda separately

b. Healthy entrees compared to regular
   - Based on the healthy meal options you identified in question #2 above, are similar menu items more expensive, the same, or less expensive?
   - If there are no healthy items, mark NA.

c. Healthy main salads compared to regular main salads
   - Based on the healthy salad options you identified in question #3 above, are similar menu items more expensive, the same, or less expensive?
   - If there are no healthy items, mark NA.

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

e. Other
   - Note any additional pricing incentives that encourage overeating or healthy eating and describe in comments. If none, mark NA.
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.

14) Kid’s menu? ○ yes ○ no
 a. Is there an age limit? ○ yes ○ no
     If yes, what is the oldest age allowed to order from kids menu?
 b. Any healthy entrees? ○ yes ○ no
 c. Are there any healthy side items? ○ yes ○ no

14. Kid’s menu
Determine whether there is a kid’s menu and record the information in 15.

a. Age limit
   • Record in 15a the age limit listed on the menu. If there is no age limit, meaning adults can order from the kid’s menu, mark “no”.
   • Record the oldest age at which a child can order from a kid’s menu. Example: If kid’s menu is for children ages 12 and under, than enter the number 12.

b. Healthy entrees
   • Record in 15b 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 kid’s menu MUST 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.
c. Healthy sides
Record in 15c 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 and Non-Fried Vegetables without added sauce). 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).
d. Healthy side substitutions
- Record in 15d 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.
  - If you can substitute a healthy side for an assigned unhealthy side, record if there is an additional cost.

e. Assigned sides
- Record in 15e 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.

f-g. Desserts
- Record in 15f 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 15g 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 frozen yogurt.
h. 100% fruit juice
   o yes o no

1. If yes, is the portion less than 6 oz?
   o yes o no

i. 1% low-fat, skim or non-fat milk
   o yes o no

j. Sweetened or flavored milk (e.g. chocolate)
   o yes o no

k. Is water an option on the kid’s menu?
   o yes o no

  1. If yes, is there an upcharge for water?
     o yes o no

1. Are there any free refills on unhealthy drinks?
   o yes o no

h-l. Beverages
   h) Record whether the restaurant serves 100% fruit juice
      o If serve 100% fruit juice, record if portion offered is less than 6 ounces.
   i) Record whether the restaurant serves low-fat (1% or ½ %), skim or non-fat cow’s milk.
   j) Record whether the restaurant serves flavored or sweetened milk cow’s milk.
   k) Record whether water is a beverage option on the kid’s menu
      o If water is an option on kid’s menu, record if there is an additional charge for water
        (i.e. $0.10 more for water in comparison to juice).
   l) Record whether the restaurant has free refills for unhealthy drinks on the kid’s menu (e.g.
      sugar sodas)

m. Is nutrition information (e.g. calories or fat) provided on the kid’s menu?
   o yes o no

n. Is a toy automatically included in a kid’s meal?
   o yes o no

o. Other healthful eating promotion?
   o yes o no
   (e.g. cartoon character promoting healthy entréesside)

p. Other unhealthful eating promotion?
   o yes o no

m) Nutrition Information
   ■ Record whether nutrition information is listed on the kid’s menu.

n) Toy in kid’s meal
   ■ Record if toy is automatically included as part of kid’s meal (e.g. Matchbox car, TV
      show/Movie figurines)

o) Other healthful eating promotion
   ■ Record 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!).

p) Other unhealthful eating promotion
   ■ Record whether there are other unhealthy eating promotions on the kid’s menu other
     than what you have already noted (e.g., free dessert, cartoon character on menu
     promoting unhealthy items) 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.