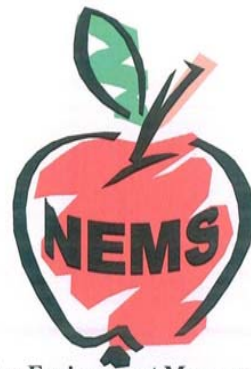


NEMS-RESTAURANT (NEMS-R) MEASURES TRAINING



Nutrition Environment Measures Survey
www.sph.emory.edu/NEMS

What Are We Measuring?

- ▣ **Availability** of healthy foods
 - Entrees and main dish salads
 - Side dishes
 - ▣ Fruits
 - ▣ Non-fried vegetables
 - ▣ Baked chips
 - ▣ Whole grain bread
 - Children's menu options
 - Beverages

No matter what your lifestyle 

McDonald's has REAL LIFE CHOICES to keep you on track!

Watching Calories
Breakfast
1 Softly scrambled egg (small)
1 Egg White Omelet™, American cheese or cheddar
1 Scrambled Egg with a side of sugar-free ketchup, apple slices or raspberries

Watching Fat
Breakfast
1 Softly scrambled egg (small)
1 Egg White Omelet™, american cheese or cheddar, and cheddar cheese
1 Apple slices, without sugar or raspberry, and a Fruit & Cream with natural fruit

Watching Carbs
Breakfast
1 Softly scrambled egg (small)
1 Egg White Omelet™, american cheese or cheddar, without the English Muffin, without hash browns
1 Side of apple or Raspberry

What Are We Measuring? (cont'd)

- ▣ **Barriers to healthful eating**
 - All-you-can-eat Promotions
 - Super-sized items
 - Discouraging special requests
- ▣ **Facilitators to healthful eating**
 - Healthy entrée notations
 - Offering reduced portions
- ▣ **Marketing**
 - Promotions/signs for healthful and/or unhealthy eating
- ▣ **Pricing**
 - Are healthy foods more or less expensive than their unhealthy counterparts?

Data Collection Process

**Print internet nutrition guide (SDSU
will
complete if available)**



Visit restaurant



**Review internet
information**



**Review menu, take-
away menu and kids
menu**

Fieldwork Procedures

Before you go out:

- Confirm schedule (visit restaurants during known open times, avoiding “rush-hour” times as possible)
- Gather materials:
 - 👉 Measures protocol and tablet
 - 👉 Site visit schedule
 - 👉 Letter to store managers
 - 👉 Maps/Directions
 - 👉 Watch
 - 👉 Calculator (optional)



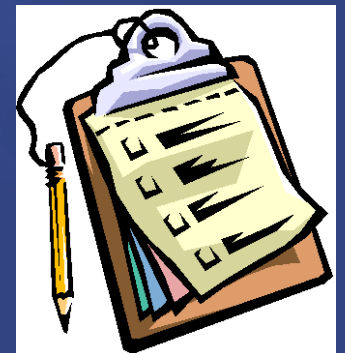
Fieldwork Procedures (continued)

While in the field:

- Conduct yourself professionally, but dress in casual attire
- Be courteous
- Complete measures carefully
- Check forms for completeness

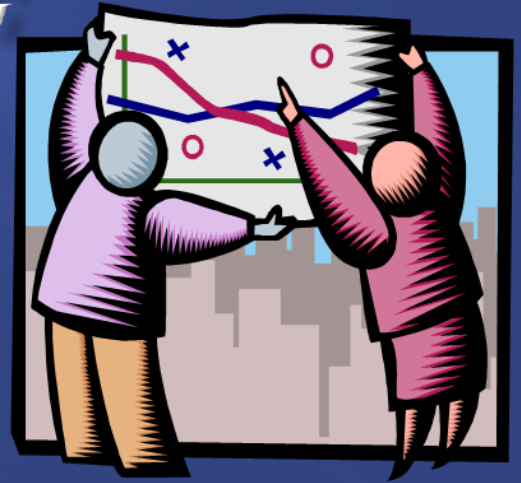
After you get back:

- Look over notes
- Check forms for completeness



INSTRUCTIONS FOR COMPLETING THE SURVEY

*PLEASE TAKE OUT A COPY OF THE SURVEY
AND FOLLOW ALONG*



Cover Page


<u>NEMS-Restaurants</u>		Restaurant ID: <input type="text"/>	Patrol ID: <input type="text"/>	Date: <input type="text"/>	<input type="text" value="10/5/2009"/>
Name	<input type="text"/>			Start time	<input type="text" value="9:35 AM"/>
New name	<input type="text"/>			End time	<input type="text"/>
Address	<input type="text"/>				
City	<input type="text"/>	St	<input type="text"/>	Zip	<input type="text"/>
<input type="button" value="PAGE 1"/> <input type="button" value="PAGE 2"/> <input type="button" value="PAGE 3"/> <input type="button" value="SITE VISIT"/>					

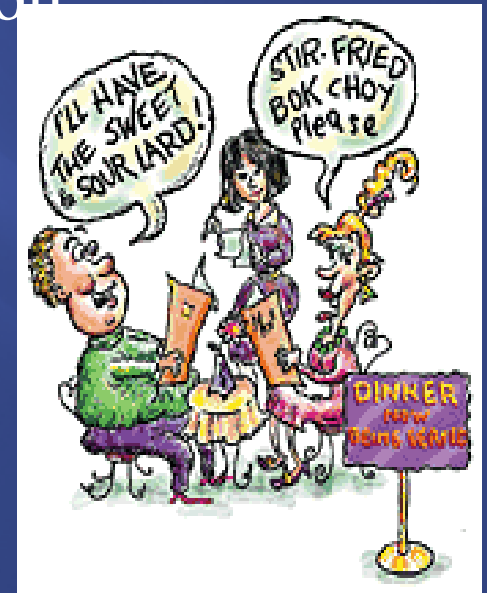
Where Are We Measuring?

The Type of Restaurant:

- ❖ **Sit-Down (SD) Restaurants** - Offers table service with wait staff who take your order at the table. Examples: Applebees, IHOP, Olive Garden
- ❖ **Fast-Casual (FC) Restaurants** - Similar to fast food although generally has higher quality of food. Order and pay at the counter and food is sometimes delivered to table. Examples: Fuddruckers, California Tortilla, Panera Bread
- ❖ **Fast-Food (FF) Restaurants** - Minimal service and food is supplied quickly after ordering. Examples: Wendy's, Subway, Pizza Hut

Menu Review Section

- ▣ Check if nutrition information is available
- ▣ Use the fat chart to determine if entrees, salads, fruits and vegetables are healthy
- ▣ If nutritional information is not available, review items identified as healthful on the menu, often using the following indicators:
 - Light
 - Heart healthy
 - Healthy
 - Heart symbol 



Menu Review Section (cont'd)

Items to Rate/Count:

- Number of main dishes and salads
- Number of healthy options
- Salad dressing, fruit and non-fried vegetables
- Facilitators and barriers
- Differentials in pricing
- Kid's menu

Main/Dishes Entrees

16) Main Dishes/Entrees:	# Choices	Comments
a. Total # Main Dishes/Entrees	<input checked="" type="radio"/> Yes <input checked="" type="radio"/> No	
★ b. Healthy options	<input checked="" type="radio"/> Yes <input checked="" type="radio"/> No	

□ Total # Main Dishes/ Entrees

★ Discussed on next slide

- Count the total number of main dishes and entrees on the menu

What counts as an **Entrée**?

Must be distinctly different, either in ingredients, proportion of ingredients, or preparation method **AND** in ways other than just size or quantity.

- Include daily specials that may not appear on the menu
- Do **not** count the entrees listed as “Lunch” items
- Do **not** include main dish salads

Counting Healthy Options

- ▣ Use nutrition information and fat chart to assess the menu for healthy options.
- ▣ Qualifying criteria for healthy options (must meet **all** criteria):
 - Entrees and main dish salads
 - ▣ ≤ 800 calories
 - ▣ $\leq 10\%$ of calories from saturated fat
 - ▣ $\leq 30\%$ of calories from total fat (if no sat fat data, make sure it still makes total fat cut-off)
 - Burgers and sandwiches
 - ▣ ≤ 650 calories
 - ▣ $\leq 10\%$ of calories from saturated fat
 - ▣ $\leq 30\%$ of calories from total fat



Using the Saturated Fat Chart

Healthy entrées are “Less than 10% Saturated Fat”

- ▣ Is saturated fat information available?
- ▣ Do the entrées fall within the calorie range?
- ▣ Are the saturated fat grams in the entrée greater or less than what is on the chart?
 - If greater than, it is not a healthy option
 - If less than or equal to, it is a healthy option

Calories	≤ Grams of Saturated Fat
≤ 149	1 gram
150 – 239	2 grams
240-319	3 grams
320-419	4 grams
420-499	5 grams
500-529	6 grams
Remember, burgers and sandwiches ≤ 650 calories	
590-689	7 grams
690-769	8 grams
770-800	9 grams

Using the Saturated Fat Chart

Healthy entrées are “Less than 10% Saturated Fat”

Example: Cheeseburger

Calories: 600

Saturated Fat: 12

grams

Does this qualify as a
healthy entrée?

NO

Calories	≤ Grams of Saturated Fat
≤ 149	1 gram
150 – 239	2 grams
240-319	3 grams
320-419	4 grams
420-499	5 grams
500-529	6 grams
Remember, burgers and sandwiches ≤ 650 calories	
590-689	7 grams
690-769	8 grams
770-800	9 grams

Using the Fat Chart

Healthy entrées are Less than 30% Fat

- Determine which calorie range the entrée falls under.
- Are the (total) fat grams in the entrée greater or less than what is on the chart?
 - If greater, it is not a healthy option
 - If less than or equal to, it is a healthy option

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

Using the Fat Chart

Healthy entrées are Less than 30% Fat

Example: Grilled Salmon

Calories: 480

Fat: 14 grams

Does this qualify as
healthy?

YES

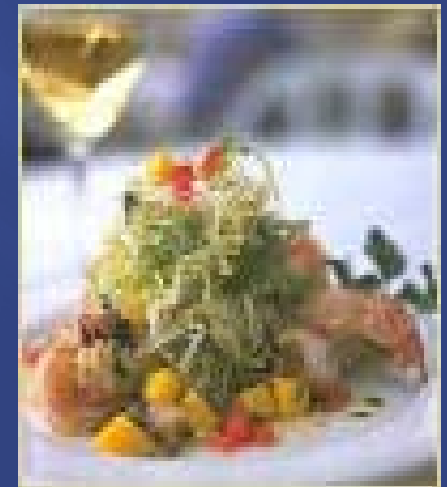
Calories	≤ grams of fat
≤ 179	5 grams
180 - 209	6 grams
210 - 239	7 grams
240 - 269	8 grams
270 - 299	9 grams
300 - 329	10 grams
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630 - 659	21 grams
660 - 689	22 grams
690 - 719	23 grams
720 - 749	24 grams
750 - 779	25 grams
780 - 800	26 grams



REVIEW

EXAMPLES FROM

MENUS





QUESTIONS?

