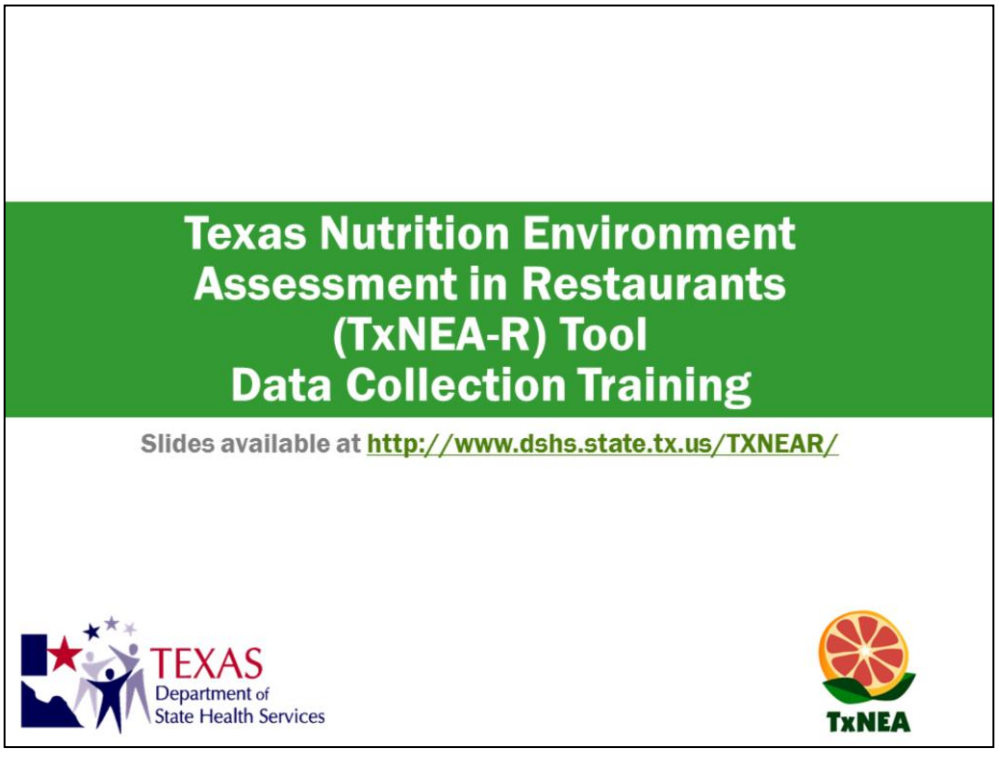
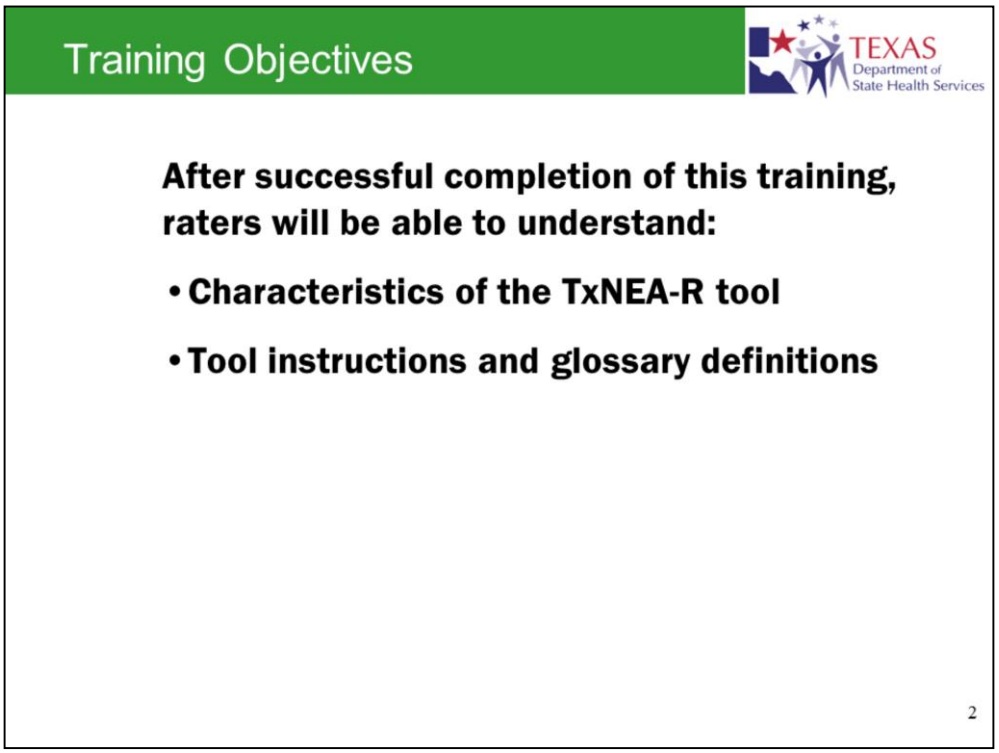


Welcome to the Texas Nutrition Environment Assessment in Restaurants, or TxNEA-R, tool training on data collection developed by the Texas Department of State Health Services, Health Promotion and Chronic Disease Prevention Section. This training is meant for raters, who visit prepared food outlets to assess the nutrition environment, and community coordinators, who oversee a community assessment. You should have completed the rater training on protocols to successfully engage food outlet managers. Raters may also want to complete the Background training to learn about the reasons to use the TxNEA-R tool and the characteristics of the tool.

An accessible copy of the slides and script is available at the link on the slide to follow along. Other important materials available at the link include the tool, background and coordinator trainings, manual, and forms to organize the project. You will need a copy of the tool later in this training.



After successful completion of this training, raters will be able to understand:

- Characteristics of the TxNEA-R tool
- Tool instructions and glossary definitions

Toward the end of the training, there will be a quiz and reminder of the next steps.

Activities to apply knowledge from the training are included throughout the training. For some of the activities you will need to use a copy of the tool. You may use the QuestionPro link to the test survey or the paper copy of the tool found on the link on the first slide. If you have questions, contact information will be provided at the end of the presentation. Let's begin.

Tool Characteristics

This section describes the item-by-item instructions necessary for completing the assessment tool. It is helpful in this section to follow along with the tool, which can be found at the link on the title slide.

Paper Tool

TEXAS Department of State Health Services

Survey

	Cooking Method	
	Healthier*	Less Healthy*
12) Proteins		
Number of **lean** proteins*	___	___
Number of **high fat** proteins*	___	___

Glossary Definitions

- **Healthier Cooking Method** - grilled, broiled, baked, steamed, poached, roasted, raw, sautéed, stewed, cooked in vegetable based sauce, or served raw (sushi meat or raw fruits and vegetables)
- **Less Healthy Cooking Method** - fried, breaded, crusted, sautéed in butter, creamy, with cheese, sugar added, buttered, tossed with a creamy dressing or sauce.
- **Lean protein** - fish, shellfish, poultry, beans, legumes, eggs, "loin," "round," pork chop, tofu, cottage cheese, organ meats, ham.
- **High-fat protein** – beef (corned, ground, meatloaf, short ribs, tongue), hot dog, poultry with skin, pork (sausage, spareribs, bacon) and cheese (as a substantial part of the main course)

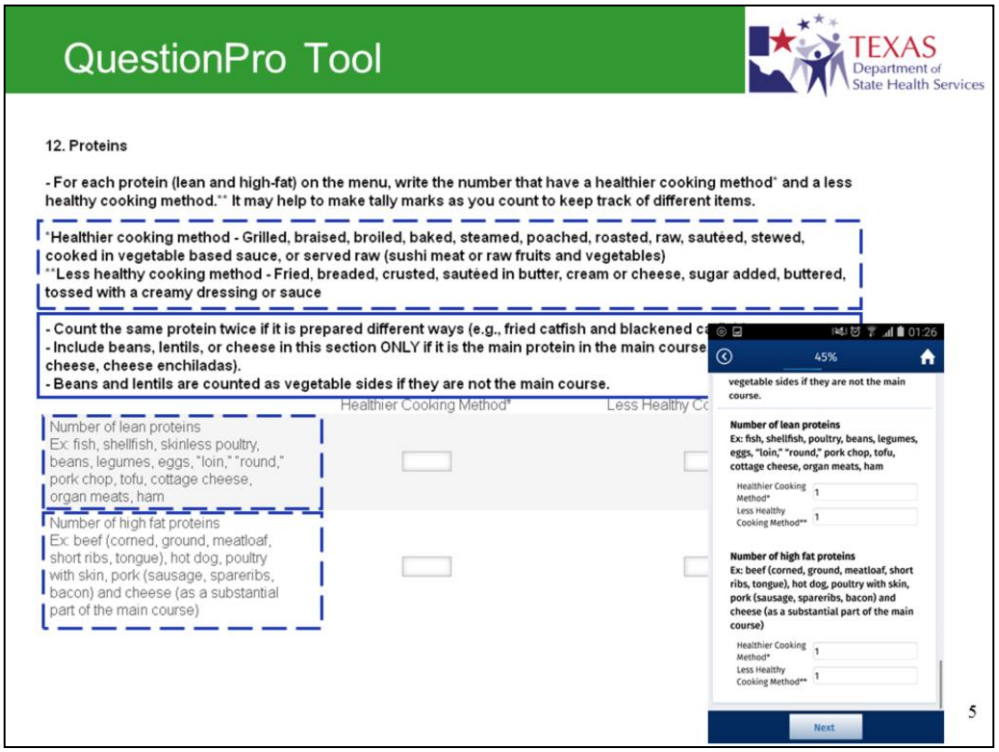
Instructions

12. Proteins

- **For each protein (lean* and high-fat*) on the menu, write the number that have a healthier cooking method* and a less healthy cooking method*.**
  - It may help to make tally marks as you count to keep track of different items.
- **Count the same protein twice if it is prepared different ways (e.g., fried catfish and blackened catfish)**
  - Include beans, lentils, or cheese in this section ONLY if it is the main protein in the main course. (e.g., chili, grilled cheese, cheese enchiladas).
  - Beans and lentils are counted as vegetable sides if they are not the main course.

4

The paper tool consists of 3 parts: the survey, glossary definitions, and instructions. The glossary definitions included in the survey and instructions are indicated with an asterisk (*).

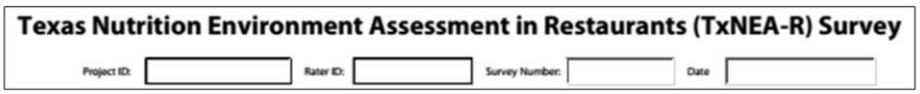


- Here is the same question on QuestionPro. On the left is the question as viewed on a computer screen and on the right is how the question looks on the app. The definitions from the glossary and instructions are integrated into each question. For example, question 12 asks about proteins.
- The instructions are located toward the beginning of the question and are indicated on the slide with a blue rectangle with a solid line. (Mouse points at instructions.)
- The definitions are usually indicated with a symbol, such as an asterisk (*). Here, the definition of "lean proteins" and "high fat proteins" are included directly under the word. (Mouse points at definitions of "lean proteins" and "high fat proteins.")
- The definition of "healthy cooking method" and "less healthy cooking method" are toward the top indicated with an asterisk. The glossary definitions are in the dashed blue rectangles. (Mouse points at instructions of "healthier cooking method" and "less healthy cooking method.")

- The app includes the same information in a slightly different format that involves some scrolling.

This demo will show only the paper version of the survey. The survey looks slightly different on QuestionPro, but the content will be the same.

Begin the survey


Texas Nutrition Environment Assessment in Restaurants (TxNEA-R) Survey

Project ID: Rater ID: Survey Number: Date

6

To begin the survey, enter the Project ID, Survey Number, and Rater ID, which are all assigned and can all be found on Form 2. Enter the date of the assessment. This information is repeated at the top of each page on the paper survey.

Survey Questions: Characteristics

Next we will discuss the survey questions and the instructions and glossary definitions that go with each question. We will review similar questions together, so the order in this training is different from the order on the survey. The question number will appear at the top of each slide.

The questions that characterize the food outlet or assessment are required and indicated by a red asterisk (*). All other questions are not required and the community coordinator may choose which questions to include in the assessment.

1. Type of Food Outlet

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1) Type of Food Outlet (Choose One)

- ☐ A. Table Service*
  - ☐ Stand-alone restaurant (01)
  - ☐ In a hotel (02)
  - ☐ Other Service (03): _____
- ☐ B. Fast Food/Fast Casual*
  - ☐ Cafeteria-style (04)
  - ☐ Buffet (05)
  - ☐ Fast-food (06)
  - ☐ Bar (07)
  - ☐ Fast Casual (08)
  - ☐ Other fast (09): _____
- ☐ C. Take-away*
  - ☐ Food truck(10)
  - ☐ Food Stand (11)
  - ☐ Carry-out (12)
  - ☐ Other Take-away (13): _____
- ☐ D. In-store*
  - ☐ Grocery Store (14)
  - ☐ Gas station/ convenience store (15)
  - ☐ Super store (16)
  - ☐ Other In-store (17): _____
- ☐ E. Other Food Outlet: _____

- **Choose a type of food outlet.**
- **Choose a subtype.**

8

From the four types of food outlets, table service, fast food/fast casual, take-away, and in-store, choose one. Depending on which type of food outlet is chosen, choose a subtype. Choose the most appropriate answer for each question or choose “Other” and add a description.

Table Service

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Subtypes: In a hotel or a stand-alone

Food is ordered at the table and wait staff brings the food.

9

A food outlet with table service is where food is ordered at the table and wait staff brings the food. This can be in a hotel or a stand-alone restaurant.

Photo credit: https://www.pexels.com/photo/table-in-vintage-restaurant-6267/

Fast Food/Fast Casual

Subtypes: Buffets, cafeteria-style, fast food, bar, fast casual

Has tables but does not have formal table service, or has limited table service for drinks and condiments.

10

A fast food/fast casual food outlet does not have formal table service or has a limited table service for drinks and condiments. Eating at fast food/fast casual food outlets is quicker than eating at a food outlet with table service. Subtypes include buffets, which can be all-you-can-eat buffets, cafeterias, fast food, bars, and fast casual. At fast food outlets, food is quick and usually inexpensive. Fast casual outlets are also quick and their food is of a higher quality, using fewer frozen or processed ingredients with a slightly higher price than fast food.

Photo credit:
https://commons.wikimedia.org/wiki/Category:Soul_Daddy#/media/File:5.2.11SoulDaddyOpeningDayByLuigiNovi7.jpg

Take-away

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Subtypes: Food truck, food stand, carry-out or drive-through only

No indoor seating is available, and for the most part, food is not eaten on the premises but is taken elsewhere for later consumption. No table service, a few picnic tables or chairs may be available.

11

For take-away food outlets, food is typically not eaten on the premises. No indoor seating is available, and for the most part food is taken elsewhere. There is no table service, but a few picnic tables or chairs may be available. Subtypes of take-away food outlets include food trucks, food stands, carry-out, or drive-through only.

Photo credit:
https://commons.wikimedia.org/wiki/Category:Fish_and_chip_shops#/media/File:2014_Fish_and_chips_street_vendor_Chiang_Mai.jpg

In-store

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Subtypes: Grocery store, gas station, super store

Prepared foods are served inside of another store whose primary purpose is not food service. These prepared foods may be prepared on site or delivered from off-site.

12

In-store food outlets mix retail and foodservice settings. Food is prepared and served inside of a retail store, such as a grocery store, superstore, or gas station. In this type of food outlet, differentiating between prepared food and non-prepared food is important.

Prepared food includes food prepared on-site and off-site that is delivered to the store and is located in the prepared food section of the store. Prepared food is perishable and ready to eat. This can include packaged shelf-stable food that happens to be in the prepared food section, for example, packaged chips or cookies that can be purchased with a sandwich.

If any food outlet is both in-store and another option, for example, fast food in a retail setting like this example, choose in-store.

Photo credit:
https://commons.wikimedia.org/wiki/Category:Falafel_restaurants#/media/File:Falafel_King_Denver.jpg

2. Cuisine

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2) Cuisine (Choose one)

- ☐ BBQ (q)
- ☐ Deli/Café (d)
- ☐ Mexican/Tex-Mex (t)
- ☐ Italian (i)
- ☐ Asian (a)
- ☐ Pizza (p)
- ☐ Breakfast/Brunch (b)
- ☐ American (m)
- ☐ Other (o): _____

13

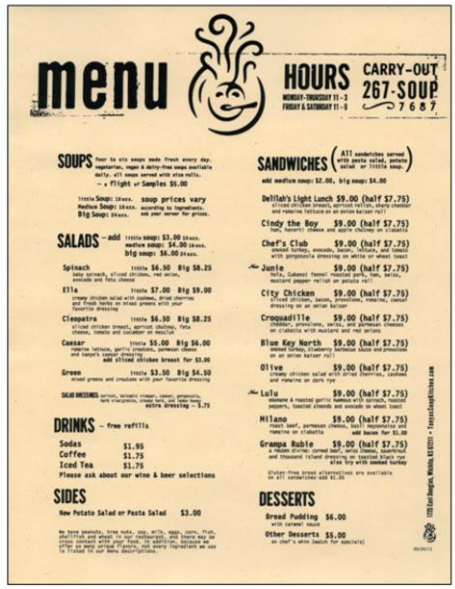
Choose the cuisine that best describes most of the food served. If the food outlet doesn't fit into any of the listed categories, select "Other" and add a description. For example, you could write "Indian" or "Korean-Mexican."

Cuisine example: American

14

Here is an example of American cuisine. Anything that serves a mix of American cuisine can be considered “American.” This would include burgers, Hot dogs, steak, seafood, etc. even if they have some items that are not typically American, such as eggrolls or tacos.

Cuisine example: Deli/Café



menu

HOURS
MONDAY-THURSDAY 11-3
FRIDAY & SATURDAY 11-8

CARRY-OUT
267-SOUP
7687

SOUPS four to six soups made fresh every day. vegetarian, vegan & dairy-free soups available daily. all soups served with rice refills.
– a flight of Samples $5.00

Little Soup: 16ozs. soup prices vary
Medium Soup: 24ozs. according to ingredients.
Big Soup: 24ozs. ask your server for prices.

SALADS – add little soup: $3.00 16ozs.
medium soup: $4.00 16ozs.
big soup: $6.00 24ozs.

Spinach little $6.50 Big $8.25
baby spinach, sliced chicken, red onion, avocado and feta cheese

Ella little $7.00 Big $9.00
creamy chicken salad with cashews, dried cherries and fresh herbs on mixed greens with your favorite dressing

Cleopatra little $6.50 Big $8.25
sliced chicken breast, apricot chutney, feta cheese, tomato and cucumber on romaine.

Caesar little $5.00 Big $6.00
romaine lettuce, garlic croutons, parmesan cheese and tangy's caesar dressing
add sliced chicken breast for $3.00

Green little $3.50 Big $4.50
mixed greens and croutons with your favorite dressing

SALAD DRESSINGS: apricot, balsamic vinegar, caesar, gorgonzola, dark vinaigrette, creamy herb, and honey hemp.
extra dressing – $.75

DRINKS – free refills

Sodas	$1.95
Coffee	$1.75
Iced Tea	$1.75

Please ask about our wine & beer selections

SIDES

New Potato Salad or Pasta Salad $3.00

We have peanuts, tree nuts, soy, milk, eggs, corn, fish, shellfish, and wheat in our kitchen. Please let your server know if you have concerns with your food. In addition, because we offer so many unique flavors, not every ingredient we use is listed in our menu descriptions.

SANDWICHES (All sandwiches served with pasta salad, potato salad or little soup.)
add medium soup: $2.00, big soup: $4.00

Delilah's Light Lunch $9.00 (half $7.75)
sliced chicken breast, apricot relish, sharp cheddar and romaine lettuce on an onion kaiser roll)

Cindy the Boy $9.00 (half $7.75)
ham, havarti cheese and apple chutney on ciabatta

Chef's Club $9.00 (half $7.75)
smoked turkey, avocado, bacon, lettuce, and tomato with gorgonzola dressing on white or wheat toast

Junie $9.00 (half $7.75)
feta, Cubanol fennel roasted pork, ham, swiss, mustard pepper relish on potato roll

City Chicken $9.00 (half $7.75)
sliced chicken, bacon, provolone, romaine, caesar dressing on an onion kaiser

Croquadille $9.00 (half $7.75)
cheddar, provolone, swiss, and parmesan cheeses on ciabatta with mustard and red onions

Blue Key North $9.00 (half $7.75)
smoked turkey, blueberry barbecue sauce and provolone on an onion kaiser roll

Olive $9.00 (half $7.75)
creamy chicken salad with dried cherries, cashews and romaine on dark rye

Lulu $9.00 (half $7.75)
alamaine & roasted garlic hummus with spinach, roasted peppers, toasted almonds and avocado on wheat toast

Milano $9.00 (half $7.75)
roast beef, parmesan cheese, basil mayonnaise and romaine on ciabatta
add bacon for $1.00

Grampa Rubie $9.00 (half $7.75)
a reuben divine: corned beef, swiss cheese, sauerkraut and thousand island dressing on toasted black rye
also try with smoked turkey

Gluten-free bread alternatives are available on all sandwiches add $1.00

DESSERTS

Bread Pudding $6.00
with caramel sauce

Other Desserts $5.00
ask chef's wine (which for specials)

1720 East Douglas, Wichita, KS 67211 • TastyLittleKitchen.com

15

This is an example of deli/café cuisine. Delis and cafes include places that serve sandwiches, salads and soups often along side baked goods and coffee drinks. Included in this category are places like Subway, the Corner Bakery, and Einstein Bros Bagels. Bakeries that primarily serve desserts would not be included in the assessment. The focus should be on what the primary meal options are.

3. Days Open / Hours of Operation

3) Days open (Choose all that apply)	Hours of operation	
☐ Monday	☐ AM/PM	☐ AM/PM
	☐ AM/PM	☐ AM/PM
☐ Tuesday	☐ AM/PM	☐ AM/PM
	☐ AM/PM	☐ AM/PM
☐ Wednesday	☐ AM/PM	☐ AM/PM
	☐ AM/PM	☐ AM/PM
☐ Thursday	☐ AM/PM	☐ AM/PM
	☐ AM/PM	☐ AM/PM
☐ Friday	☐ AM/PM	☐ AM/PM
	☐ AM/PM	☐ AM/PM
☐ Saturday	☐ AM/PM	☐ AM/PM
	☐ AM/PM	☐ AM/PM
☐ Sunday	☐ AM/PM	☐ AM/PM
	☐ AM/PM	☐ AM/PM
☐ Open 24 hours, 7 days a week		

On question 3, mark each day that the food outlet is open or select “Open 24 hours, 7 days/week”.

For each day checked, enter the hours of operation, factoring in daily close times

For example: If the food outlet is closed 3-5pm, you can put 11:00am-3:00pm and 5:00pm-9:00pm

Do not take into account holiday hours.

4. Drive Through; 5. Chain or Franchise

4) Drive-up/Drive through	☐ Yes	☐ No
5) Chain or franchise*	☐ Yes	☐ No

***Franchise – a food outlet whose brand, products, services, and operating system are provided by a franchisor, a person or company that grants the license to a third party for the conducting of a business under their marks. The business has multiple locations, and the branding and product selection seem to be standard across locations.**

For question 4, Check the perimeter of the building for a drive-through.

For question 5, indicate whether the food outlet appears to be a chain or franchise.

Take a moment to review the definition of “franchise.”

B. Inside of Food Outlet. Q7 & Q8

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7) Seats

Number of indoor and outdoor seats ☐

8) Buffet and Salad Bar

All-you-can-eat buffet (may include salad)

☐ Yes ☐ No

Free-standing salad bar

☐ Yes ☐ No

18

For question 7, check the restaurant's seating capacity.

Record the number of seats inside and outside the restaurant, walking around the restaurant, if needed. For bench seating, estimate the total number of people who could comfortably sit on the bench.

Alternatively, the manager might know the capacity.

For question 8, do you see a buffet or salad/soup bar in the food outlet?

If it has both cold and hot items, including entrees and sides, check "All-you-can-eat buffet"

If it has cold items and soup, check "free-standing salad bar"

Skip question 8 if the option for "buffet" was chosen for the food outlet subtype.

9. Complimentary items

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9) Which complimentary items, if any, are automatically brought to the table before the meal without asking?

(Choose all that apply)

- ☐ Water
- ☐ Tortilla chips
- ☐ Vegetable-based sauce
- ☐ Bread, corn bread, or biscuits
- ☐ Butter or oil
- ☐ None
- ☐ Other: _____

19

Are any complimentary items brought to the table automatically without asking?

If there are no restaurant patrons, ask the staff what they serve before the meal or with the meal.

If nothing is brought out or if there is no table service, mark “none”

If it is something else, such as peanuts, check “other” and write it in.

Be sure to mark none if there are no tables in the food outlet.

10. Menus

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C. MENU REVIEW

Section C. is completed by a review of the menu and asking questions of restaurant staff, if neccessary.

10) Which menus (excluding children's menus) are being reviewed?(Choose all that apply)

Breakfast ☐ Yes ☐ No Brunch ☐ Yes ☐ No Lunch ☐ Yes ☐ No Dinner ☐ Yes ☐ No

Appetizers/Starters ☐ Yes ☐ No Dessert ☐ Yes ☐ No Bar ☐ Yes ☐ No Seniors ☐ Yes ☐ No

☐ Other: _____

20

Next is Section C, menu review. If using the paper copy, you can do the whole survey in the restaurant, or you can do part of the survey in the restaurant use and the online menu or a to-go menu to finish the menu review portion.

Some information may not be on the menu and you may need to ask restaurant staff.

For this part of the assessment, you may ask to sit at a table to review the menu.

Select all menus that are being reviewed.

Review the menu used for the time of day you are there.

If there is one main menu that includes breakfast, dinner, lunch, desserts, etc. check each box

The children's menu is excluded from this list. Questions related to the children's menu start on Question 19.

19, 20. Children's menu & age limit

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19) Children's menu available? If no children's menu, skip to question 20. ☐ Yes ☐ No

20) Children's menu Age Limit
Is there an age limit for ordering from the children's menu? ☐ Yes ☐ No
Age limit for ordering from the children's menu ☐

21

For question 19, indicate whether a children's menu is available. This question is required on QuestionPro.

Answer question 20 if there is a children's menu. Indicate the age limit in the blank provided.

If this information is not on the menu, ask the staff.

If there is no children's menu available, skip questions 20 until the end and go to the Comments section.

At the end is a Comments section if you wish to include any comments to yourself or your community coordinator. Do not include any identifying information, such as the name of the food outlet, in the comments. You may wish to add some notes in here about your conversation with the manager and how

interested they seemed to be in the project. If you choose to complete the menu review at home, you may note what the daily special is.

The Comments section is optional.

Survey Questions: Availability

The next set of questions assesses the availability of healthier and less healthy foods and beverages on the regular menu and the children's menu.

11. Main courses

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11) Number of main courses: ☐

23

- **Count the total number of main courses on the menu. A main course is the featured primary dish of the meal.**
  - Include dinner salads and large bowls of soup.
  - Do not include appetizers, side salads, soups, or desserts.

If a main course has multiple options, count each separately. For example if tacos can be ordered with beef, chicken, or beans this is 3 main courses. If a salad can be ordered plain or with shrimp, this is 2 main courses.

12, 23. Proteins

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12) Proteins	Cooking Method: Healthier*	Cooking Method: Less Healthy*
Number of **lean** proteins*	☐	☐
Number of **high fat** proteins*	☐	☐

23) Proteins on the children's menu	Cooking Method: Healthier*	Cooking Method: Less Healthy*
Lean proteins*	☐	☐
High fat proteins*	☐	☐

24

- This question assesses the availability of proteins on the menu based on type of protein, either lean or high fat, and cooking method, either healthier or less healthy.

- Healthier cooking methods typically use less fat and less healthy cooking methods use more fat. Examples of each are listed at the top of the QuestionPro question and in the glossary. The examples of lean and high fat proteins are listed directly under the question and in the glossary. For this question, using a tally system would make counting the proteins easier. You may choose to do a cumulative score on your QuestionPro app or tally the options with a piece of paper.

- Count the same protein twice if it is prepared different ways – for example, blackened catfish and fried catfish would be 2 lean proteins that use a less healthy cooking method. If the same protein is listed twice, count it once – for example, fried chicken breast and fried chicken wings count as one high fat protein (poultry with skin on) using a less healthy cooking method.

•Include beans, lentils, and cheese in this section ONLY if it is a substantial protein in the main course, such as grilled cheese, cheese enchiladas, or a black bean burger.

•Bean and lentil sides count as vegetables.

Definitions Related to Proteins

- **High-fat protein – beef (corned, ground, meatloaf, short ribs, tongue), hot dog, poultry with skin, pork (sausage, spareribs, bacon) and cheese (as a substantial part of the main course)**
- **Lean protein - fish, shellfish, skinless poultry, beans, legumes, eggs, "loin," "round," pork chop, tofu, cottage cheese, organ meats, ham**

25

When counting the number of proteins, you will need to classify each protein as high-fat or lean. Use these definitions from the glossary. Pause the slide to review the definitions until you are ready to move on.

Definitions Related to Proteins

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- **Healthier Cooking Method - grilled, broiled, baked, steamed, poached, roasted, raw, sautéed, stewed, cooked in vegetable based sauce, or served raw (sushi meat or raw fruits and vegetables)**
- **Less Healthy Cooking Method - fried, breaded, crusted, sautéed in butter, creamy, with cheese, sugar added, buttered, tossed with a creamy dressing or sauce**

26

In addition to classifying each protein as high-fat or lean, you will need to classify each protein's cooking or preparation method as healthier or less healthy. Use these definitions from the glossary. Note that if an item contains cream or comes with cheese, such as creamy soups or baked potato with cheese, this counts as a less healthy cooking method. If an item is sautéed or cooked in butter, this counts as a less healthy cooking method, such as grilled cheese. Pause the slide to review the definitions until you are ready to move on.

Example: Main Courses and Proteins

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Choose 1:

- **Burrito**

A large flour tortilla wrapped around your choice of filling.

- **Bowl**

Like a naked burrito

- **Salad**

Bowl on top of lettuce

- **Quesadilla**

Choose a protein:

- **Barbacoa**
- **Carnitas**
- **Pollo al carbon**
- **Al pastor**
- **Vegetarian black beans**

11) Number of main courses: 20

27

Here is an example of how to count the main courses and proteins. How many main courses are on this menu? There are 4 types of dishes and 5 types of proteins that could be chosen for each of the 4 courses. Each dish comes with the choice of one protein. Therefore, there are 20 total main courses on this menu.

Example: Customizable Entrée

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Pizza

- Personal
- Medium
- Large
- Extra Large

Choose Your Toppings:

- Pepperoni
- Sausage
- Mushroom
- Olives
- Peppers

11) Number of main courses: 4

28

When there are multiple combinations of proteins that could be used for each option, such as build your own pizza or sandwiches, count each dish as one main course.

In the previous example, each dish had the choice of one protein, so the number of dishes was multiplied by the number of proteins to yield the number of main courses. The main difference here is that each dish can have multiple proteins.

Example: Main Courses and Proteins

TEXAS Department of State Health Services

Choose 1:

- **Burrito**

A large flour tortilla wrapped around your choice of filling

- **Bowl**

Like a burrito without the tortilla

- **Salad**

Bowl on top of lettuce

- **Quesadilla**

Choose a protein:

- **Barbacoa**

High-fat protein, healthier cooking method

- **Carnitas**

High-fat protein, healthier cooking method

- **Pollo al carbon**

Lean protein, healthier cooking method

- **Al pastor**

Lean protein, healthier cooking method

- **Vegetarian black beans**

Lean protein, healthier cooking method

12) Proteins	Cooking Method: Healthier*	Cooking Method: Less Healthy*
Number of **lean** proteins*	3	0
Number of **high fat** proteins*	2	0

29

Barbacoa is a generally made with fattier cuts of beef and is slow-cooked over an open fire without add fat, so it is a high fat protein cooked with a healthier cooking method.

Carnitas is braised fatty pork, so it is a high fat protein cooked with a healthier cooking method.

Pollo al carbon is grilled skinless chicken, so it is a lean protein cooked with a healthier cooking method.

Al pastor is marinated pork loin that is roasted on a spit or seared on a cook top. It is a lean protein with a healthier cooking method.

Vegetarian black beans count as a protein in this case, a lean protein. They are braised, a healthier cooking method. If they were refried, it would be a less healthy cooking method.

Because the dishes are customizable, three of the four options do not automatically come with cheese, with the exception of the quesadilla. We cannot double count the proteins, so they all count as a healthier cooking method. Even though the quesadilla counts as a less healthy cooking option, it uses the same proteins and is only one of four options.

The proteins would be recorded in question 12 as shown on the bottom of the screen.

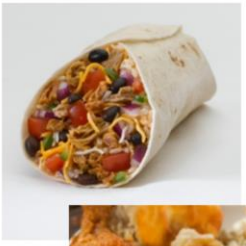
Activity!
Main Courses and Proteins

Next is an activity on Questions 11 and 12, main courses and proteins. Use the survey, instructions, and glossary to complete this activity.

Use this menu to fill out questions 11 and 12. Pause the slide until you are ready to move on.

Menu Review: Questions 11, 12

TEXAS Department of State Health Services



DAILY SPECIALS

Burrito with choice of shredded chicken or fajita beef –includes black beans, cheese, pico de gallo

Burrito: 2 entrees. 2 lean proteins (beans, chicken). 1 high fat protein (fajita beef). = Less healthy cooking method (with cheese)

Fried chicken with 3 sides and biscuit

Fried Chicken: 1 entree. 1 high fat protein (poultry with skin) + less healthy cooking method. Has two vegetable sides as options.

Grilled cheese sandwich with creamy tomato soup

Grilled cheese: 1 entree. 1 high fat protein + less healthy cooking method (grilled with butter).

		Cooking Method	
11) Number of main courses:	4		
12) Proteins		Healthier*	Less Healthy*
Number of **lean** proteins*		0	2
Number of **high fat** proteins*		0	3

•The burrito counts as two entrees because it can be a chicken burrito or a beef burrito. It has 2 lean proteins, the beans and chicken, and one high-fat protein, fajita beef. They all count as a less healthy cooking method because the burrito comes with cheese.

•The fried chicken counts as one entrée and 1 high fat protein, poultry with skin, and less healthy cooking method. The sides are chosen by the diner and we don't know what the options are yet.

•The grilled cheese is one entrée and has one high fat protein, the cheese. Assuming that grilled cheese is usually grilled with butter, it has a less healthy cooking method.

•Check your answers. Pause the slide until you are ready to move on.

13, 24. Vegetables and fruits

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13) Vegetables and Fruits	Healthier*	Less Healthy*
Number of **vegetable*** sides offered	☐	☐
Number of **fruit*** sides offered	☐	☐

24) Vegetables and Fruits on Children's Menu	Healthier*	Less Healthy*
Number of **vegetable*** sides offered	☐	☐
Number of **fruit*** sides offered	☐	☐

- **Vegetable – includes both starchy (potatoes, green peas, corn) and non-starchy (tomato, peppers, onions, broccoli, mushroom, etc.) vegetables that are served raw or cooked. Includes marinara sauce, and beans and lentils that are not the main course**
- **Fruit- fresh, canned, dried. Excludes drinks.**

33

Questions 13 and 24 assess the availability of fruits and vegetables on the adult and children's menu, respectively, and use the same instructions.

- Count the vegetable and fruit sides on the menu for each cooking method. If mixed vegetables or fruits are served, for example, "California blend" vegetables or fruit salad, count it once.
- Count the same item twice if it is prepared in different ways – for example, sweet potato fries and baked sweet potatoes count as 1 vegetable using a healthier cooking method and 1 vegetable using a less healthy cooking method.

Review these definitions for vegetable and fruit. The vegetable and fruit questions will use the same cooking method definitions as the question about proteins.

14, 25. Meals with fruits and vegetables

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14) Meals with Fruits and Vegetables

Number of **main courses** with at least 2 vegetable or fruit side options ☐

Number of **main courses** with at least 2 vegetables or fruits with a healthier cooking method **as the default side or as part of the main course** (includes salads) ☐

25) Meals with Fruits and Vegetables

Number of **main courses** with at least 2 vegetable or fruit side options ☐

Number of main courses with at least 2 vegetables or fruits with a healthier cooking method **as the default side or as part of the main course** (includes salads) ☐

34

Questions 14 and 25 assess the availability of meals that automatically include fruits and vegetables as default sides, which facilitate making healthy choices.

- **Out of the total number of main courses, how many have the option of including at least two vegetable or fruit sides? For example, a meal with roast beef with the option of choosing two sides which include vegetables would count here.**
- **Out of the total number of entrees, how many automatically include two vegetables or fruits that are cooked using a healthier cooking method? For example, a meal with roast beef that comes with roasted potatoes and sauteed green beans would count here.**
- For this question, include:
  - Sides that are served with the main course, such as the roast beef example,
  - Meals that have vegetables cooked into them, such as caldo which is a chicken soup that typically includes carrot and squash, and
  - Fruit or vegetable salads that are meals, such as a green salad with other vegetables or fruit. Do not count salads covered in mayonnaise, such as potato salad.
  - Count the fruit or vegetable if it is a substantial part of the meal, but not if it is a garnish.

- Family style dining and shared plates are a special case. If the food outlet features family-style dining or shareable plates, count the vegetable-based dishes in the appetizer and shared plates sections. For example, you could count blistered shisito peppers as one side even if it is listed as an appetizer if the food outlet features shared plates. Do not count dishes that mix proteins and vegetables, even if the vegetables are substantial.
- If the food outlet features family-style dining or shared plates, count the dishes that mix proteins with 2 types of vegetables. For example, you can count stir-fried beef with broccoli and carrots as a main course that automatically includes 2 vegetables with a healthier cooking method.

15, 26. Grains

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15) Grains

How many of the following items are available?

Grains*	
Whole Grains*	
Main courses with a whole grain* included or as the default side	

26) Grains on Children's Menu

Number of grains offered on the menu	
Number of whole grains offered on menu	
Main courses with a whole grain* included as the default side or within the entrée	

35

Questions 15 and 26 assess the availability of grains. Write the total for each type of grain on the menu, including appetizers, main courses, and sides. Exclude desserts.

- Include bread, rolls, tortillas, sandwich bread, pasta, rice, etc.
- Count each type separately, for example, count white rice and brown rice, so rice would be counted 2x under total number of grains.

Do not include grains that are served complimentary before the meal, such as chips and rolls.

Out of the total number of main courses, how many include a whole grain as the default type of grain, automatically served as part of the meal.

One example is if corn tortillas are automatically served with tacos, unless a request is made for flour tortillas.

Definitions related to grains

- **Grains – includes bread, rice, pasta, tortillas, cereal, etc.**
- **Whole grains - whole-grain products and whole grains used as the primary ingredient. Includes: whole-wheat and whole grain breads, pastas, cereals and crackers, oatmeal, grits, corn tortillas and brown rice**

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Review these definitions of grains. Pause the slide until you are ready to move on.

Example: Family Style Restaurant Questions 13, 14, 15

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13) Vegetables and Fruits	Healthier*	Less Healthy*
Number of **vegetable*** sides offered	2	0
Number of **fruit*** sides offered	0	0

14) Meals with Fruits and Vegetables	
Number of **main courses** with at least 2 vegetable or fruit side options	2
Number of **main courses** with at least 2 vegetables or fruits with a healthier cooking method **as the default side or as part of the main course** (includes salads)	2

15) Grains How many of the following items are available?	
Grains*	1
Whole Grains*	0
Main courses with a whole grain* included or as the default side	0

Meat

- **Stir fried beef and Chinese broccoli**
- **Ginger chicken with mixed vegetables (main course with 2 vegetables cooked with a healthier cooking method)**

Vegetables

- **Buddha's Delight – fried tofu with mixed vegetables (main course with 2 vegetables cooked with a healthier cooking method)**
- **Stir fried snow pea leaves with garlic (side)**
- **Eggplant with garlic sauce (side)**

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This example is of a restaurant with family style dining or shared plates. For Chinese or other traditional Asian restaurants, assume that white rice is available. On the right is how the vegetables are classified. On the left is the answer to questions 13, 14, and 15 using this menu. Pause the slide until you are ready to move on.

Activity!
Vegetables, Fruits, Grains

Next is an activity on vegetables, fruits, and grains.

Using the sample menu, complete questions 13, 14, and 15. When counting grains, remember to look at the entrees and the sides. Refer to the instructions and glossary. Pause the slide until you are ready to move on.

Menu Review: Questions 13, 14, 15

TEXAS Department of State Health Services

3 Grains in main courses: white bread, flour tortilla, biscuit

13) Vegetables and Fruits	Healthier*	Less Healthy*
Number of **vegetable*** sides offered	2	4
Number of **fruit*** sides offered	0	0

14) Meals with Fruits and Vegetables	
Number of **main courses** with at least 2 vegetable or fruit side options	1
Number of **main courses** with at least 2 vegetables or fruits with a healthier cooking method **as the default side or as part of the main course** (includes salads)	0

15) Grains How many of the following items are available?	
Grains*	4
Whole Grains*	0
Main courses with a whole grain* included or as the default side	0

DAILY SPECIALS

Side Options

- Mashed potatoes

Vegetable + less healthy method (only if served with gravy)

- Cole slaw

Vegetable + less healthy method

- Macaroni and cheese

Grain (not whole)

- Buttered spinach

Vegetable + less healthy method

- Fried okra

Vegetable + less healthy method

- Tossed green salad

Vegetable + healthier method

- Green beans

Vegetable + healthier method

Here is how each food was classified.

Check your answers. Pause the slide until you are ready to move on.

16, 27. Desserts and related definition

TEXAS Department of State Health Services

16) Dessert* (not plain fruit)

Number of desserts ☐

Number of meals that come with desserts ☐

27) Children's menu Advertising and Promotions

A vegetable, fruit, or whole grain prepared with a healthier cooking method can be substituted for assigned side with no extra charge. ☐ Yes ☐ No

Dessert (other than fruit) is included with the meal. ☐ Yes ☐ No

Dessert – sweetened foods typically eaten at the end of a meal such as, cookies, pies, cakes, ice cream, frozen yogurt, and sometimes eaten at breakfast, such as muffins, donuts, and other pastries.

41

For question 16, If there is any dessert, add the total number of desserts.

If there is no dessert listed on the menu write a zero.

Write the number of desserts that are included with the meal at no extra charge.

For question 27 on the children's menu, this asks if the children's meal comes with a dessert, assuming that all children's meals follow the same rule.

Different dessert combinations should be counted separately. For example, apple pie, ice cream, and apple pie a la mode would be 3 desserts.

Example: Question 16 Desserts

TEXAS Department of State Health Services

DESSERT MENU

- **Scoop of ice cream (1)**
- **Apple pie (peach or apple) (2 x 2 = 4)**
  - A la mode
- **Brownie (with or without nuts) (2 x 2 = 4)**
  - A la mode

16) Dessert* (not plain fruit)

Number of desserts	9
Number of meals that come with desserts	0

42

Here is an example of a dessert menu. Each unique combination counts as one dessert. Each flavor of pie, apple and peach, counts as one dessert, and then each pie a la mode counts as an additional dessert. There are 4 options of pies and 4 options for brownies, totaling 9 desserts.

17, 21. Beverages

TEXAS Department of State Health Services

17) How many of the following beverages are available?		Free Refills?
Unsweetened, no-calorie beverages	☐	☐ Yes ☐ No
Diet soda or other diet beverage	☐	☐ Yes ☐ No
Sugar sweetened beverages*	☐	☐ Yes ☐ No
Unsweetened milk or milk product	☐	☐ Yes ☐ No
100% fruit juice	☐	☐ Yes ☐ No

21) Children's Menu Beverages The default beverage served with the meal is: (choose from options below)		Free Refills?
☐ Unsweetened, no-calorie beverages		☐ Yes ☐ No ☐ Not available
☐ Diet soda or other diet beverage		☐ Yes ☐ No ☐ Not available
☐ Sugar sweetened beverages*		☐ Yes ☐ No ☐ Not available
☐ Unsweetened milk or milk product		☐ Yes ☐ No ☐ Not available
☐ 100% fruit juice		☐ Yes ☐ No ☐ Not available
☐ No default beverage		☐ Yes ☐ No ☐ Not available

- **Sugar Sweetened Beverages**
  - **Liquids that are sweetened with various forms of sugars that add calories.**
    - **These beverages include, but are not limited to, soda, fruit aides and fruit drinks such as 100% juice, and sports and energy drinks, sweet tea, lemonade, chocolate milk, coffee drinks sweetened with sugar, syrups and whipped cream, aguas frescas, smoothies, shakes**

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- **In question 17, for each beverage, write the total number that are offered on the menu or in the store.**
  - Make note that diet soda is listed separately from unsweetened, no calorie beverages and sugar-sweetened beverages
- **Do not include alcoholic beverages or bottled beverages at gas stations or grocery stores unless they are served at the prepared food counter.**
- **Sugar sweetened beverages include any drink with added sugar, such as sweet tea, horchata, lemonade and sports drinks.**
- **Indicate whether each drink comes with free refills.**
  - If this is not indicated on the menu, ask the staff.

In QuestionPro, question 17 is split into 2 parts: 1 part

for the number of beverages available and one part for free refills.

•For question 21, the beverage section of the children's menu is different from the regular menu. Indicate which beverage is the default that automatically comes with the children's meal. For example, if the children's meal automatically comes with soda unless you ask for something else, then the default beverage is soda.

•Then for each beverage available, indicate whether free refills are available. If a beverage is not available on the children's menu, choose "Not Available".

• Take a moment to review the definition of sugar-sweetened beverages. Note that smoothies count as a sugar-sweetened beverage unless the menu indicates that it does not contain caloric sweeteners such as honey or syrups.

Example: Question 17 Beverages

BEVERAGES

Pepsi, Diet Pepsi, Sierra Mist, Dr. Pepper, Diet Dr. Pepper, Big Red, Pink Lemonade, Orange Crush

Add a flavor

- **Cherry, Vanilla, or Chocolate**

Root Beer made with cane sugar

Milk

Hot Chocolate

Iced Tea or Sweet Tea

Coffee regular

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We are going to use this sample menu to complete Question 17 on beverages and assume that all beverages have free refills except the milk and hot chocolate.

Example: Question 17 Beverages

TEXAS Department of State Health Services

BEVERAGES

Pepsi (SSB), Diet Pepsi (diet), Sierra Mist (SSB), Dr. Pepper (SSB), Diet Dr. Pepper (diet), Big Red (SSB), Pink Lemonade (SSB), Orange Crush (SSB)

Add a flavor

- **Cherry, Vanilla, or Chocolate (Add 3 SSBs for each option above. 8 options x 3 syrups = 24 SSBs.)**

Root Beer made with cane sugar (SSB)

Milk (Unsweetened milk)

Hot Chocolate (SSB)

Iced Tea (Unsweetened, no cal) or Sweet Tea (SSB)

Coffee regular (Unsweetened, no cal)

17) How many of the following beverages are available?		Free Refills?	
Unsweetened, no-calorie beverages	2	☒ Yes	☐ No
Diet soda or other diet beverage	2	☒ Yes	☐ No
Sugar sweetened beverages*	33	☒ Yes	☐ No
Unsweetened milk or milk product	1	☐ Yes	☒ No
100% fruit juice	0	☐ Yes	☐ No

45

Here is how each item was classified and counted. The flavorings are all syrups, so when the flavorings are added to any beverage it becomes a sugar-sweetened beverages. 3 syrups times 8 soda options equals 24 sugar-sweetened beverages that are flavored in addition to the original 8 sodas.

At the bottom of the slide is how the answers are documented on the tool. The “Free refills” box is checked if any of the options in that category have refills. Neither boxes need to be checked if the option is not available.

Activity!
Beverages and Dessert

Next is an activity on beverages and dessert.

Menu Review: Questions 16-17

TEXAS Department of State Health Services

Beverages

Coffee
Hot tea
Iced tea (Unsweetened)
Soft drinks (Coke, Diet Coke, Coke Zero, Root Beer, Fanta Orange, Fanta Strawberry, and Sprite)
Whole Milk (no refills)
Strawberry banana smoothie

Desserts

Slice of Pie

Pie a la mode

Soft serve Ice cream

Pie selections: apple, pecan, sweet potato, peach, apple – no sugar added

Using this menu and the survey, instructions, and glossary, fill out questions 16 and 17. Coffee, hot tea, iced tea, and soft drinks come with free refills. Remember a slice of pie and a slice of pie a la mode count as 2 desserts.

Pause the slide until you are ready to move on.

Menu Review: Questions 16-17

TEXAS Department of State Health Services

Beverages

Coffee
Unsweetened, no calorie beverage
Hot tea
Unsweetened, no calorie beverage
Iced tea (Unsweetened)
Unsweetened, no calorie beverage
Soft drinks (Coke, Diet Coke, Coke Zero, Root Beer, Fanta Orange, Fanta Strawberry, and Sprite)
5 SSBs + 2 diet sodas
Whole Milk (no refills)
1 unsweetened milk product
Strawberry banana smoothie
1 SSB

Desserts

Slice of Pie

Pie a la mode

Soft serve Ice cream

Pie selections: sweet potato, apple, pecan, peach, apple – no sugar added

11 Dessert options = 5 different types of pie + 5 types of pie a la mode + 1 side of ice cream

16) Dessert* (not plain fruit)

Number of desserts	11
Number of meals that come with desserts	0

17) How many of the following beverages are available?

		Free Refills?
Unsweetened, no-calorie beverages	3	☒ Yes ☐ No
Diet soda or other diet beverage	2	☒ Yes ☐ No
Sugar sweetened beverages*	6	☒ Yes ☐ No
Unsweetened milk or milk product	1	☐ Yes ☒ No
100% fruit juice	0	☐ Yes ☒ No

Here are the counts for each item. The unsweetened, no calorie beverages are coffee, hot tea, and unsweetened iced tea, 3 options. There are 6 sugar-sweetened beverages, which include the 5 soft drinks and the smoothie. There are 2 diet sodas. There is one unsweetened milk product.

For desserts, the regular pie slices and slices a la mode are counted separately. 5 types of pie means that there are 10 options with and without a la mode. Then ice cream can be ordered separately, for a total of 11 desserts.

Check your answers. Pause the slide until you are ready to move on.

Survey Questions: Advertising and Promotions

The next set of questions assesses the availability of advertising and promotions which promote consumption of foods and beverages in the prepared food outlet.

6, 18, 27. Advertising and promotions

TEXAS Department of State Health Services

6) Advertising and Promotions (outside)	Number of Ads
Less healthy foods*	
Healthier foods*	
Sugar-sweetened beverages*	
Healthier beverages*	

18) Advertising and displays (inside)

Number of advertisements/displays for **less healthy** food*	
Number of advertisements/displays for **healthier** food*	
Number of advertisements/displays for **sugar-sweetened beverages***	
Number of advertisements/displays for **healthier beverages***	

27) Observe the targeted promotion, such as branded marketing, included on children's menu items.

Number of promotions for **healthier** foods or beverages	
Number of promotions for **less healthy** or **sugar-sweetened beverages**	

Questions 6, 18, and 27 ask about advertising and promotions. Question 6 is for those outside of the building. Check the perimeter of the building for signage. Question 18 is for non-children's menu items inside of the building, and Question 27 is for children's menu items.

In this question, use the definitions for "less healthy foods," "healthier foods," "sugar-sweetened beverages," and "healthier beverages" from the glossary.

- For each of these categories, write down the Number of Advertisements you see.
- If one ad fits in multiple categories, include it in the count next to each category.

Definitions related to advertising and promotions

- **Less Healthy Foods**
  - **Foods that include high-fat proteins or lean proteins, fruits and vegetables that are cooked with a less healthy cooking method, and grains that are not whole grains.**
- **Healthier Foods**
  - **Includes non-fried vegetables, fruit that is not a dessert, lean and non-fried proteins, whole grains, yogurt, nuts, nut butters, and avocado, and oil-based sauces**
- **Sugar Sweetened Beverages**
  - **Liquids that are sweetened with various forms of sugars that add calories.**
    - **These beverages include, but are not limited to, soda, fruit aides and fruit drinks such as 100% juice, and sports and energy drinks, sweet tea, lemonade, chocolate milk, coffee drinks sweetened with sugar, syrups and whipped cream, aguas frescas, smoothies, shakes**
- **Healthier Beverages**
  - **Unsweetened milk and no-calorie beverages that don't have added sweeteners, such as water, tea, black coffee, fruit and vegetable juices**

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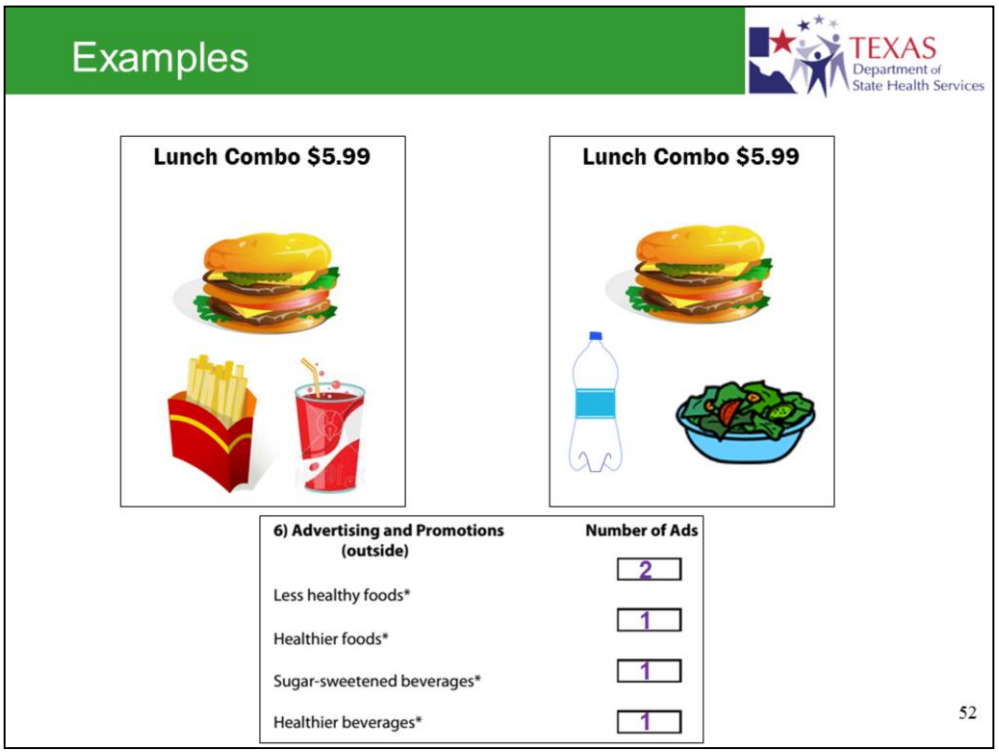
Take a moment to review the definitions of less healthy foods, healthier foods, sugar-sweetened beverages, and healthier beverages. These definitions use terms from the Menu Review section, such as high-fat protein and healthier cooking method.

For combination foods, such as sandwiches or mixed dishes, only count the item as healthier if all of the components are healthier foods.



For example, a burger with a slice of lettuce and tomato, French fries, and a soda would be one ad for “less healthy foods” because of the burger and fries and one ad for “sugar sweetened beverages” because of the soda. The lettuce and tomato, even though they are raw vegetables, do not count as a “healthier food” because they are a garnish. An ad with a burger with a salad and a bottled water would be one ad for “less healthy food” because of the burger, one ad for “healthier foods” because of the salad, and one ad for “healthier beverages” because of the water.

In total, there are 2 ads for less healthy foods, 1 ad for healthier foods, 1 ad for sugar-sweetened beverages, and 1 ad for healthier beverages.

Example of branded marketing

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26) Children's Menu Advertising and Promotions

A vegetable, fruit, or whole grain prepared with a healthier cooking method can be substituted for assigned side with no extra charge. ☐ Yes ☐ No

Dessert* (other than fruit*) is included with the meal ☐ Yes ☐ No

There is nutrition information on the menu. ☐ Yes ☐ No

Observe the targeted promotion, such as branded marketing, included on children's menu items.

1 Number of promotions for **healthier** foods* or **healthier** beverages*

0 Number of promotions for **less healthy** foods* or **sugar-sweetened** beverages*

Examples of advertising. No endorsement or promotion is implied by Texas Department of State Health Services.

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The endorsement by Partnership for a Healthier America, use of wording like "fresh fit," "playtime: powered by veggies," "better options," and "fit kids," and the cartoon cow and soccer ball on the milk are examples of targeted promotion or branded marketing for children.

This example counts as one ad for healthier foods or healthier beverages.

Example of children's promotion

TEXAS Department of State Health Services

Examples of advertising. No endorsement or promotion is implied by Texas Department of State Health Services.

Health Check HEART & STROKE FOUNDATION

27) Observe the targeted promotion, such as branded marketing, included on children's menu items.

Number of promotions for **healthier** foods or beverages	1
Number of promotions for **less healthy** or **sugar-sweetened beverages**	1

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The Health Check logo, the use of the word "yummy," cartoon pictures of foods, and words like "oodles of noodles" are targeted promotion or branded marketing for children.

This ad counts as one promotion for healthier foods or beverages because of the salad, milk, and juice. It also counts as one promotion for less healthy foods or sugar-sweetened beverages because of the rest of the menu items.

Activity!
Advertisements and Promotions

Next is an activity on advertisements and promotions.

Fill out question 18 using these advertisements. On the left side is an ad with one fried chicken wrap, one grilled chicken wrap, and one veggie wrap. On the right side is an ad with a mango smoothie, tropical hibiscus tea, and iced coffee. Refer to the instructions and glossary.

Pause the slide until you are ready to move on.

Advertisement Review: Question 18

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- **Wrap ad:**
  - 1 ad for healthier food (veggie wrap) and 1 ad for less healthy food (fried chicken wrap)
- **Drink ad:**
  - 1 ad for healthier (tea + coffee) beverages and 1 ad for sugar sweetened beverage (smoothie)

18) Advertising and displays (inside)

Number of advertisements/displays for **less healthy** food*	1
Number of advertisements/displays for **healthier** food*	1
Number of advertisements/displays for **sugar-sweetened beverages***	1
Number of advertisements/displays for **healthier beverages***	1

Examples of advertising. No endorsement or promotion is implied by Texas Department of State Health Services.

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The ad at the top counts as 1 ad for healthier food because of the veggie wrap. It counts as one ad for less healthy food, the fried chicken wrap.

Check your answers to question 18.

Survey Questions: Barriers and Facilitators

The next set of questions assesses the presence of barriers and facilitators to choosing healthier options in prepared food outlets. Barriers make choosing healthier options harder and facilitators make choosing healthier options easier.

18. Healthy options identified

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Healthy options are identified and/or prominently displayed in the following ways:

Participating in a branded recognition program*	☐ Yes	☐ No
Nutrition information labeled	☐ Yes	☐ No
Health-related pictures,symbols or logos	☐ Yes	☐ No
Key words used	☐ Yes	☐ No
Highlighted using bold, larger or different font	☐ Yes	☐ No
Listed first in each menu category	☐ Yes	☐ No
Healthy options are not identified or prominently displayed	☐ Yes	☐ No

☐ Other: _____

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- Observe the menu and signs posted inside the restaurant.
- Are healthier options called out in any way to bring attention to them?
  - How so? Check the box for any of the methods used.

18. Smaller portions and split meals

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Smaller portions are offered or meals can be split. ☐ Yes ☐ No

If no, skip to substitutions question.

- ☐ Age Restrictions
- ☐ Time Restrictions
- ☐ Smaller portion priced lower than full size portion
- ☐ No charge for splitting meals

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Indicate whether smaller size portions are listed on the menu or if meals can be split.

- **Check the box if there are age or time restrictions for ordering the smaller portion, (mouse points at questions)**
- **Do smaller portions cost less than full size portions? (mouse points at question)**
- **Does the food outlet charge for sharing/splitting a meal? (mouse points at question)**

When using the paper survey, if smaller size portions are not available, skip the questions about restrictions. When using the electronic version, if smaller portion sizes are not available, the following 4 questions will be skipped automatically.

18. Substitutions, larger portions, bundling

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Are substitutions* allowed?

- ☐ Yes, with extra charge on all items
- ☐ Yes, with extra charge on some items
- ☐ Yes, with no extra charge
- ☐ No
- ☐ Not sure

Wording on the menu encourages larger portions.	☐ Yes	☐ No
Lower price for adding or bundling items.	☐ Yes	☐ No

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- **Are substitutions allowed?**
  - If so, check the box, the find out if there is a charge for substitutions.
  - Choose "No" if substitutions are not allowed.
  - If this is not listed on the menu, ask the staff.
- **Does the menu include items worded in a way to encourage larger portions?**
  - Look for words like huge, colossal, super-size, Texas size
- **Check the box if there are lower prices for meal combos**
  - For ex. You can add fries and a drink to your meal for $1.50, but would pay $2 if you had ordered them separately.

Next Steps

TEXAS Department of State Health Services

- **Take the quiz**
  - http://questionpro.com/t/ALecgZS5uz
- **Practice using the tool.**
  - Practice the paper version first.
  - Choose a food outlet with a children's menu.

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•Take the quiz at the link on the slide. The link is also on the DSHS website from the title slide. You can retake the quiz until you obtain a passing score. Email a screen shot of your score to your community coordinator.

•Practice using the paper version of the tool. Go to one food outlet and use the tool there. Remember to explain to the manager that you are only practicing and that the information will not be used, unless your community coordinator tells you something different. Take the items from the checklist with you.

•If you plan to use the app, practice this part as well. You may wish to look at an online menu for this.

•A recommended practice is to choose a food outlet with a children's menu in order to practice this part.

You have completed the Texas Nutrition Environment Assessment in Restaurants (TxNEA-R) Tool training for data collection. For questions, raters may contact your community coordinator and community coordinators may contact the nutrition specialist at the Texas Department of State Health Services.