



5 a Day-- the California Way Restaurant Checklist

Use this checklist to determine if restaurants in your area are helping Californians meet the goal of eating at least five servings of fruits and vegetables per day. Please check “yes” or “no” in the box below the following questions.

At least 5 of the 10 questions should be checked “yes” in order for the restaurant to be considered a *5 A Day—the California Way* fruit and vegetable- friendly restaurant. A “healthfully prepared” menu item is not fried and has a minimum of added fats, oils and sugars.

Does _____
(name/location of restaurant)

- 1) Offer menu items accompanied by one or more servings of fruits or vegetables, healthfully prepared?
 Yes No
- 2) Allow substitution of lower-fat vegetables, such as tomatoes for French fries, at no extra charge?
 Yes No
- 3) Offer a side salad at the same price or less as French fries?
 Yes No
- 4) Offer 100% fruit juices?
 Yes No
- 5) Offer a serving of fruit as a side dish, such as fruit salad?
 Yes No
- 6) Offer a serving of vegetables, healthfully prepared, as a side dish?
 Yes No
- 7) Offer main dishes that feature vegetables?
 Yes No
- 8) Offer fruit for dessert?
 Yes No
- 9) Offer split plates at no extra charge?
 Yes No
- 10) Offer at least one reduced-fat salad dressing choice?
 Yes No

Notes/Contact: