

Menu Checklist

Observers: _____

Date (mm/dd/yyyy): _____

Restaurant Name: _____

Address: _____

1. How would you categorize this restaurant:

Fast-food

Fine dining

Casual Sit-down

Other _____

Bar and Grill

Don't Know

2. Is the restaurant a chain?

No

Yes, national chain

Yes, local chain

Don't know

Yes, regional chain

3. For what meal time (s) is this menu?

Breakfast

Lunch and Dinner

Breakfast and Lunch

Dinner

Lunch

All of the above

4. What is the total number of regular (adult) entrees¹ on the menu?

5. What is the total number of children's entrees on the menu?

6. Does the menu indicate that all frying is done in 100% vegetable oil?

Yes

No

Another oil is indicated. (Please name) _____

7. Does the menu label healthy or low-fat entrees?

No

Yes →

a. Enter the number of healthy or low-fat entrees

b. How are the healthy or low-fat entrees labeled? Check all that apply.

by section

American Cancer Society

American Heart Association

by hearts

Other: _____

8. Do any of the healthy or low fat entrees include nutritional information?

¹ entrees include all items on the menu except: side orders, appetizers, deserts, and dinner salads. Salads that are actually meals are considered to be entrees.

No

Yes →

a. Enter the number that include nutritional information

b. What type of information is included? Check all that apply.

Total calories

Grams of fat or % of calories from fat

Grams of protein

Grams of carbohydrates

Fiber content

Sodium content

Other: _____

9. Do any of the entrees include at least one serving of fruit or vegetables?

No

Can't tell

Yes →

a. Number of entrees with **one** serving of fruit or vegetable.

b. Number of entrees with **two** servings of fruit or vegetables.

c. Number of entrees with **three or more** servings.

10. What is the total number of side dishes, appetizers, and dinner salads on the menu (not including entrees and dessert)?

11. Does the menu indicate that all frying of side dishes is done in 100% vegetable oil?

Yes

No

Another oil is indicated. (Please name) _____

12. Does the menu label healthy or low-fat side dishes and appetizers?

No

Yes →

a. Enter the number of healthy or low-fat items

b. How are the healthy or low-fat items labeled? Check all that apply.

by section

American Cancer Society

American Heart Association

by hearts

Other: _____

13. Do any of the healthy or low fat side dishes include nutritional information?

No
 Yes →

a. Enter the number that include nutritional information

b. What type of information is included? Check all that apply.

Total calories
 Grams of fat or % of calories from fat
 Grams of protein
 Grams of carbohydrates
 Fiber content
 Sodium content
 Other: _____

14. Are any of the side dishes or appetizers made mostly of fruit or vegetables?

No
 Can't tell
 Yes →

a. Number of items made of fruit or vegetables.

b. Number of fried potato dishes, like French fries and hash browns.

15. Does this menu list salads as a side dish or appetizer or entree ?

No
 Yes →

a. Number of salads listed as entrees.

b. Number of salads listed as side dishes or appetizers.

c. Does the menu list available salad dressing?

No
 Yes →

d. Does the menu list low-fat or fat free salad dressing?

Yes
 No

16. Does the menu list available beverages?

No
 Yes →

a. Number of non-alcoholic beverages listed?

b. Does the menu list milk?

No
 Yes →

c. Does the menu list 1% or non-fat milk?

Yes
 No

d. Does the menu list 100% juice?

No
 Yes →

e. Number of 100% Juices

17. Are there other indications of healthy food options?

No

Yes →

Please describe:
