

# NEMS Scoring Sheet for Cafeterias and Hospital Food Venues

<b>Site Visit (Observation)</b>	<b>Points for Having Item</b>	
Salad Bar	+1	
Nutrition information at Point of Purchase	+1	
Signs/banners show healthy menu options	+1	
Signs encourage healthy eating	+1	
Signs encourage unhealthy eating	-1	
Signs/banners encourage overeating	-1	
Low carb promotion	-1	
<b>Menu Review/Site Visit</b>	<b>Subtotal=</b>	
Baked chips	+1	
100% Whole Grain bread	+1	
100 % fruit juice	+1	
1% low-fat, skim or non-fat milk	+1	
<b>Menu Review</b>	<b>Subtotal=</b>	

<p>Main dishes/entrees/sandwiches: Healthy Options</p>	<p>1 choice = 1 point 2-4 choices = 2 points 5+ choices = 3 points</p>	
<p>Main dishes/entrees/sandwiches: Percent of Total are Healthy</p>	<p>0% = 0 1-25% = 1 25%-49% = 2 &gt;= 50% = 3</p>	
<p>Main dish salads: Healthy Options</p>	<p>1 choice = 1 point 2-4 choices = 2 points 5+ choices = 3 points</p>	

Low-fat or fat free salad dressings	1 choice = 1 point 2 choices = 2 points 3+ choices = 3 points	
Fruit w/o added sugar	+1	
Non-fried side of vegetables	+1	
Diet soda	+1	
<b>Facilitators &amp; Supports (Menu Review)</b>	<b>Subtotal=</b>	
Nutrition information on menu <b>Or</b> Healthy entrée identified on menu	+1	
Reduced-size portions offered on menu	+1	
Menu notations that encourage healthy requests	+1	
<b>Barriers (Menu Review)</b>	<b>Subtotal=</b>	

Super-sizing, large sizes encouraged	-1	
Menus discourages special requests	-1	
All-you can eat or unlimited trips	-1	
Unhealthy Impulse Items Near Register	-1	
<b>Pricing</b>	<b>Subtotal=</b>	
Combo meal cheaper than individual items (sum = “more”)	-1	
Healthy entrees cost more than regular ones	-1	
Charge for shared entrée	-1	
Smaller portion at reduced price	+1	
	<b>Subtotal=</b>	
	<b>Add +10 to Correct Scale</b>	<b>+10</b>
<b>Total NEMS-C Score (Possible Range is 0-37)=</b>		