

SECTION 3.

**ASSESSING THE FOOD  
ENVIRONMENT:  
THE FAITH-BASED ORGANIZATION  
NUTRITION ENVIRONMENT  
ASSESSMENT TOOL (FBO-NEAT)**

[SELECTED RESOURCES](#)



## ASSESSING THE FOOD ENVIRONMENT

**WHY ASSESS THE FOOD ENVIRONMENT?** Assessing the food environment will provide baseline information about the healthfulness of foods and beverages available to members and guests, and suggest opportunities for improvement. Food-environment assessments are beneficial in determining the impact of policy change over time.

**HOW TO ASSES THE FOOD ENVIRONMENT?** Assessing the food environment first involves determining where and when food is distributed, served, or sold. Consider the following places/events:

- Before or after worship (special breakfasts, lunches, dinners or receptions)
- Special lifecycle events (births, funerals, weddings, etc.)
- Community-wide festivals and events
- Council or ministry meetings, choir practices, religious education, or other church sponsored activities
- Child-care programs
- Youth programs and events
- Fellowship hours
- Special holidays and traditions
- Vending machines on the premises

Next, make sure to ask permission of leadership (or event organizer) prior to conducting an assessment. Explain that assessments are non-judgmental, and that groups are not expected to purchase or provide anything different prior to the assessment. Finally, assessors should be trained and comfortable using the faith-based environmental assessment tool. Assessors should also be familiar with reading food labels and product ingredient lists.

## THE FAITH-BASED ORGANIZATION NUTRITION ENVIRONMENT ASSESSMENT TOOL (FBO-NEAT)

The assessment tool is comprised of 4 parts:

**Part 1.** collects general information about the source of the food;

**Part 2.** collects information about multi-ingredient foods (main dishes, side dishes, desserts);

**Parts 3a through 3d** collects information about [African American](#), [Asian](#), [Jewish](#), and [Latin American](#) foods.

**Part 4** calculates the percentage of healthful foods in each of the following food categories: beverages, grains & grain based-foods, vegetables, fruits, protein and dairy foods, snacks, and “other” foods. This section of the tool also summarizes results and provides a snap-shot of percentage of healthful foods in all categories.

### Part 1. General Information About the Event and the Source of Food

<b>Date &amp; Time of Assessment:</b> ___/___/_____ at ___:___ AM/PM	<b>Name of Faith-Based Organization or Ministry</b>
<b>Individual(s) Conducting Assessment:</b>	
<b>Event:</b>	
<b>Source of food:</b> indicate where food was bought, or who provided food (e.g., list names of restaurants, vendors, caterers, bakeries, and/or grocery stores). If any or all of the foods are home made, write “home made foods” in one of the boxes below.	
1	6
2	7
3	8
4	9
5	10



## Section 3.4

### Part 2. General List of Multi-Ingredient Main & Side Dishes, & Desserts

**Instructions:** write the name of the mixed-dish, and whether the dish was homemade or store bought by marking the appropriate box with an "X".

Faith-Based Organization Nutrition Environment Assessment Tool (FBO-NEAT)				
Step 1: Food List				
Note: For any foods that are brand name, make sure to list the brand under "Main Ingredients" or "Brand..." section.				
4 Main Dishes (e.g. <i>Carne asada burrito, pancit, barbeque chicken, etc.</i> )				
1	Item	Main Ingredients	Store or Restaurant Bought	Home Made
5				
6	<i>Example: Fish taco</i>	Tortilla, fish, rice, pico de gallo		X
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17 Side Dishes				
18	Item	Main Ingredients	Store or Restaurant Bought	Home Made
19	<i>Example: Mac and cheese</i>	Macaroni, cheese; Stouffer's brand	X	
20				
21				
22				
23				
24				
25				
26 Baked Goods and Desserts				
27	Item	Brand (if store bought) & Container Size/Quantity	Store or Restaurant Bought	Home Made
28	<i>Example: Chocolate chip cookies</i>	Keebler, 20 ounce bag	X	
29				
30				
31				
32				
33				
34				
35				
36				



### Part 3. Worksheets to Collect General Information About Cultural Foods

This section of the tool can help you track what types and kinds of ethnic foods are being served at your facility.

The tool will not necessarily help you assess the healthfulness of the food as it does not collect recipe information. For homemade foods, it will be necessary to follow up with the person who prepared the food to determine the healthfulness of the food based on the ingredients and methods of preparation.



**Cultural Foods Assessment Tools include:**

- [African & African American \(FBO-NEAT-AfAm\)](#)
- [Asian \(FBO-NEAT-As\)](#)
- [Jewish \(FBO-NEAT-J\)](#)
- [Latin American \(FBO-NEAT-LA\)](#)



**Instructions for Part 3: List the different dishes and their main ingredients:**

- Indicate whether the foods were homemade or store bought by marking the appropriate box with a “✓” or a “✗”.
  - If the foods were store bought, make sure to indicate the brand of the food purchased under “Main Ingredients.”



## Section 3.6

### 3a. FBO-NEAT African & African-American Dishes (FBO-NEAT-AfAm)

#### A. Main Dishes

Item	Store Bought	Home Made
<input type="checkbox"/> Casserole	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Fried chicken	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Pork chops	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Fried fish	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Barbecued meat	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Gumbo	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Jambalaya	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Roasted meat	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Groundnut stew with meat	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Other	<input type="checkbox"/>	<input type="checkbox"/>

#### B. Side Dishes

Item	Store Bought	Home Made
<input type="checkbox"/> Rice-based dish (Jollof rice, dirty rice, rice & red beans, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Bean-based dish (Maharagwe)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Okra	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Greens (Mess o' greens, collard greens, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Cornbread	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Macaroni and cheese	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Thick starch paste or cornmeal porridge (fufu, ugali, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Other	<input type="checkbox"/>	<input type="checkbox"/>

#### C. Baked Goods

Item	Store Bought	Home Made
<input type="checkbox"/> Cobbler (any kind)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Pie (any kind)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Bread pudding	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Pudding (any kind)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Other	<input type="checkbox"/>	<input type="checkbox"/>

Notes:



## 3b. FBO-NEAT Asian Dishes (FBO-NEAT-As)

## A. Main Dishes

Item	Store Bought	Home Made
<input type="checkbox"/> Chow mein, pancit, or other noodle-based dish	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Sweet and sour	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Fried rice	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Stir fry (meat & vegetables)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Sushi	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Satay	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Curry dish with meat and/or fish	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Curry dish (vegetarian)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> <u>Phở</u> or other noodle soup	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Hot soup (wonton, hot and sour, egg flour, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Congee, arroz caldo, or other rice porridge	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Bánh mí (Vietnamese sandwiches)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Adobo	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Lechon	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Other	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Other	<input type="checkbox"/>	<input type="checkbox"/>

## B. Side Dishes

Item	Store Bought	Home Made
<input type="checkbox"/> Fried rice	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Egg rolls, lumpia, or other fried rolls	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Spring rolls or other fresh rolls	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Dumplings (dim sum, etc.)–steamed	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Dumplings–fried (includes fried wonton)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Stir fried vegetables	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Steamed vegetables	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Fruit salad or fruit cocktail	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Fruit salad or fruit cocktail with sweet cream dressing	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Other	<input type="checkbox"/>	<input type="checkbox"/>

## Section 3.8

### C. Baked Goods

Item	Store Bought	Home Made
<input type="checkbox"/> Sticky starch-based desserts (rice, cassava, taro, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Leche flan	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Mixed dessert with shaved ice, fruit, sweet beans, etc. (halo halo, baobing, sam bo luong, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Banana egg roll (turon, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Other	<input type="checkbox"/>	<input type="checkbox"/>

Notes:





## 3c. FBO-NEAT Jewish Dishes (FBO-NEAT-J)

## A. Main Dishes

Item	Store Bought	Home Made
<input type="checkbox"/> Brisket	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Blintz	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Cholent	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Stuffed cabbage	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Roast (any)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Other	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Other	<input type="checkbox"/>	<input type="checkbox"/>

## B. Side Dishes

Item	Store Bought	Home Made
<input type="checkbox"/> Knish	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Challah	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Latkes	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Noodle kugel	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Lox	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Other	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Other	<input type="checkbox"/>	<input type="checkbox"/>

## C. Baked Goods

Item	Store Bought	Home Made
<input type="checkbox"/> Halva	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Rugelach	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Fruit pie (any kind)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Cookies	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Rolls	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Eclairs, puffs, etc.	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Other	<input type="checkbox"/>	<input type="checkbox"/>

## Notes:

[http://en.wikipedia.org/wiki/List\\_of\\_Jewish\\_cuisine\\_dishes](http://en.wikipedia.org/wiki/List_of_Jewish_cuisine_dishes)



## 3d. FBO-NEAT Latin American Dishes (FBO-NEAT-LA)

## A. Main Dishes

Item	Store Bought	Home Made
<input type="checkbox"/> Burritos	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Tacos	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Tamales	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Enchiladas	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Quesadillas	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Tostadas	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Tortas	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Albondigas	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Taquitos	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Flautas	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Empanadas	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Menudo	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Pozole	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Other:	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Other:	<input type="checkbox"/>	<input type="checkbox"/>

## B. Side Dishes

Item	Store Bought	Home Made
<input type="checkbox"/> Spanish rice or other rice-based dish	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Ceviche	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Sopas	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Plantains / Platano	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Frijoles (beans)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Salad with chile or salsa	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Other:	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Other:	<input type="checkbox"/>	<input type="checkbox"/>

## Section 3.11

### C. Baked Goods

Item	Store Bought	Home Made
<input type="checkbox"/> Arroz con leche (rice pudding)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Cake (pastel de tres leches, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Churros	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Flan	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Pan dulce	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Sopapilla	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Cookies	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Other:	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Other:	<input type="checkbox"/>	<input type="checkbox"/>

**Notes:**



**Part 4. Reproduction of Excel Tool to Determine Healthfulness of Food**

This tool asks users to enter the exact amount of different types and kinds of beverages, grains & grain based-foods, vegetables, fruits, proteins, dairy foods, snacks and “other” foods. After providing amounts of each food item, the percentage of healthful foods in each category is automatically calculated. A summary of results is provided after completing all food group forms.

1	<b>Date of Assessment:</b>																	
2	<b>Time of Assessment:</b>																	
3	<b>Name of Faith-Based Organization:</b>																	
4	<b>Name of Person Doing Assessment:</b>																	
5	<b>Event:</b>																	
6	<b>Food Provider(s):</b>																	
7	1	6																
8	2	7																
9	3	8																
10	4	9																
11	5	10																
12	<table border="1"> <thead> <tr> <th colspan="2">Assessment Summary of Results</th> </tr> </thead> <tbody> <tr> <td>% Healthy Beverages:</td> <td>#DIV/0!</td> </tr> <tr> <td>% Healthy Grains:</td> <td>#REF!</td> </tr> <tr> <td>% Healthy Vegetables:</td> <td>#DIV/0!</td> </tr> <tr> <td>% Healthy Fruits:</td> <td>#DIV/0!</td> </tr> <tr> <td>% Healthy Protein:</td> <td>#DIV/0!</td> </tr> <tr> <td>% Healthy Dairy:</td> <td>#DIV/0!</td> </tr> <tr> <td>% Healthy Other Foods:</td> <td>#DIV/0!</td> </tr> </tbody> </table>		Assessment Summary of Results		% Healthy Beverages:	#DIV/0!	% Healthy Grains:	#REF!	% Healthy Vegetables:	#DIV/0!	% Healthy Fruits:	#DIV/0!	% Healthy Protein:	#DIV/0!	% Healthy Dairy:	#DIV/0!	% Healthy Other Foods:	#DIV/0!
Assessment Summary of Results																		
% Healthy Beverages:			#DIV/0!															
% Healthy Grains:			#REF!															
% Healthy Vegetables:			#DIV/0!															
% Healthy Fruits:			#DIV/0!															
% Healthy Protein:			#DIV/0!															
% Healthy Dairy:			#DIV/0!															
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16																		
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For a copy of the excel tool, please email [mhtfoodjustice@gmail.com](mailto:mhtfoodjustice@gmail.com)

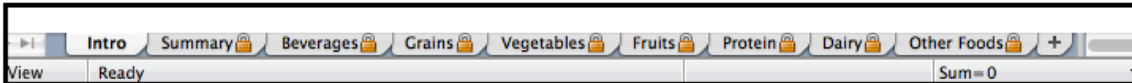


Instructions for Completing Part 4 (The FBO-NEAT Excel Tool)

Faith-Based Organization Nutrition Environment Assessment Tool (FBO-NEAT)

To *navigate* this document:

- 1) This document is separated into tabs, which you will find located near the bottom of the document.
  - A) Introduction -- provides you with directions on how to navigate this spreadsheet tool.
  - B) Summary -- a page to provide you with the overall information on the healthfulness of the food and beverages served at your faith-based organization.
  - C) Food groups - each separated into its own tab.



- 2) Each of the food groups worksheets are split into 2 windows.

	A	B	C	D	E
1	<b>Beverages</b>				
2	<b>Directions:</b>				
3	1. If a particular type of beverage is present, make sure to fill out the "Quantity" boxes next to the type of beverage available.				
4	2. Under "Quantity," write down the amount of that particular beverage and its container that are available.				
5	<b>Example:</b> One case of 16.9 oz. bottled water would be entered as -- Water > Bottled > Quantity: 35, written in the same line as 16.9 oz.				
6	<b>NOTE:</b> A reference is available (on a separate document) to view the different size containers available.				
7	<b>Type of Beverage</b>	<b>Quantity</b>	<b>Size</b>	<b>Container</b>	<b>Total Amount (in ounces)</b>
8	<b>Water</b>				
9	Bottled		12 oz bottle		
10			16.9 oz bottle		
11			20 oz bottle		
12			24 oz bottle		
13			1 L bottle		
14	Tap Water		60 oz pitcher		
15			2 quart pitcher		
16			2.25 quart pitcher		
17			1.5 gallon beverage dispenser		
18			2 gallon beverage dispenser		
19			2.5 gallon beverage dispenser		

- A) To **scroll** through the document, make sure to **scroll in the lower half** of the spreadsheet, with your mouse pointer or cursor in any area of the spreadsheet past the directions. The upper half of the sheet remains stationary so that you can see the column headings "Type of...; Quantity," etc.

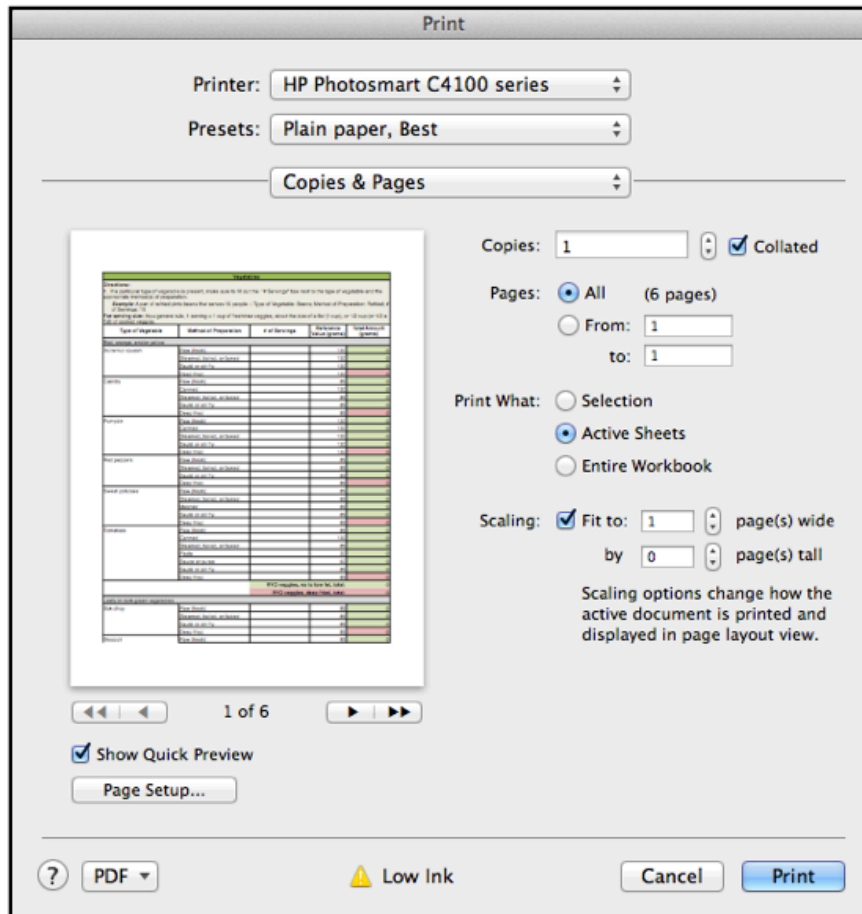


## Section 3.14

### Instructions for Printing Worksheets

To **print** any worksheet under the tab you wish to print:

- 1) Open the printing window by going to File > Print, or hitting Control + P for PCs or Command + P on your keyboard.
- 2) Under "Scaling" in the print window, make sure that the checkmark box is checked.
- 3) Once the box is checked next to "Fit," type "1" into the box next to "page(s) wide," and there should be a "0" next to the "page(s) tall" box. This will make sure to fit the table across one page.



## Section 3.15

### Beverages (p. 1)

1	<b>Beverages</b>				
2	<b>Directions:</b>				
3	1. If a particular type of beverage is present, make sure to fill out the "Quantity" boxes next to the type of beverage available.				
4	2. Under "Quantity," write down the amount of that particular beverage and its container that are available.				
5	<i>Example:</i> One case of 16.9 oz. bottled water would be entered as -- Water > Bottled > Quantity: 35, written in the same line as 16.9 oz.				
6	<b>NOTE:</b> A reference is available (on a separate document) to view the different size containers available.				
7	Type of Beverage	Quantity	Size	Container	Total Amount (in ounces)
8	<b>Water</b>				
9	Bottled		12 oz bottle		
10			16.9 oz bottle		
11			20 oz bottle		
12			24 oz bottle		
13			1 L bottle		
14	Tap Water		60 oz pitcher		
15			2 quart pitcher		
16			2.25 quart pitcher		
17			1.5 gallon beverage dispenser		
18			2 gallon beverage dispenser		
19			2.5 gallon beverage dispenser		
20			3 gallon beverage dispenser		
21	<b>Water, total ounces:</b>				
22	<b>Soda</b>				
23	Regular (non-diet)		8 oz can / bottle		
24			12 oz can		
25			20 oz bottle		
26			2 L bottle		
27	<b>Regular soda, total ounces:</b>				
28	Diet soda		8 oz can / bottle		
29			12 oz can		
30			20 oz bottle		
31			2 L bottle		
32	<b>Diet soda, total ounces:</b>				
33	<b>Juice</b>				
34	<b>Regular (not 100% or light)</b>				
35	Sunny Delight		6.76 oz bottle		
36			11.3 oz bottle		
37			15.2 oz bottle		
38			64 oz bottle		
39			2 L bottle		
40	Jumex		11.3 oz can		
41			12.5 oz can		
42			33 oz container		
43	Capri Sun		6 oz pouch		
44	Minute Maid (not 100%)		6.75 oz box		
45			10 oz bottle		
46			16 oz bottle		
47			20 oz bottle		
48			59 oz bottle		
49			2 L bottle		
50	Tampico		12 oz bottle		
51			10 oz bottle		
52			16 oz bottle		
53			20 oz bottle		
54			59 oz bottle		
55			2 L bottle		
56	Tropicana (not 100%)		15.2 oz bottle		
57			20 oz bottle		
58			0.5 gallon bottle (1/2 gallon)		
59			1 gallon bottle		
60	Simply Orange juice blends (lemonade, limea		13.5 oz bottle		
61			2 L bottle		
62	<b>Regular juice, total ounces</b>				



## Section 3.16

### Beverages (p. 2)

7	Type of Beverage	Quantity	Size	Container	Total Amount (in ounces)
63	<b>100% juice</b>				
64	Simply Orange (plain, or with mango or pineapple), Simply Apple, or Simply Grapefruit		13.5	oz bottle	
65			2	L bottle	
66	V8 Juice		5.5	oz can	
67			8	oz can	
68			11.5	oz can	
69			46	oz bottle	
70	Mott's Brand		6.75	oz box	
71			8	oz box	
72			11.5	oz bottle	
73			46	oz bottle	
74	Juicy Juice		4.23	oz box	
75			6.75	oz box	
76			11.5	oz can	
77			48	oz bottle	
78			64	oz bottle	
79			84	oz bottle	
80			1	L bottle	
81	Tropicana, 100% juice		10	oz bottle	
82			15.2	oz bottle	
83			32	oz bottle	
84			96	oz bottle	
85			2	L bottle	
86	<b>100% juice, total ounces:</b>				
87	<b>Milk</b>				
88	Whole milk		1	pint	
89			1	quart	
90			0.5	gallon	
91			1	gallon	
92	Whole milk, flavored		1	pint	
93			1	quart	
94			0.5	gallon	
95			1	gallon	
96	<b>Whole milk, total ounces:</b>				
97	Reduced fat milk, or 2%		1	pint	
98			1	quart	
99			0.5	gallon	
100			1	gallon	
101	Reduced fat milk, or 2%,		1	pint	
102	flavored		1	quart	
103			0.5	gallon	
104			1	gallon	
105	Low fat milk, or 1%		1	pint	
106			1	quart	
107			0.5	gallon	
108			1	gallon	
109	Low fat milk, or 1%, flavored		1	pint	
110			1	quart	
111			0.5	gallon	
112			1	gallon	
113	Fat free milk, or skim		1	pint	
114			1	quart	
115			0.5	gallon	
116			1	gallon	





## Section 3.17

### Beverages (p. 3)

7	Type of Beverage	Quantity	Size	Container	Total Amount (in ounces)	
117	Fat free milk, or skim, flavored		1 pint			
118			1 quart			
119			0.5 gallon			
120			1 gallon			
121	Soy milk, plain or flavored		8 oz box			
122			32 oz box			
123			0.5 gallon carton (1/2 gallon)			
124	Almond milk		8 oz box			
125			32 oz box			
126			0.5 gallon carton (1/2 gallon)			
127	Rice milk		8 oz box			
128			32 oz box			
129			0.5 gallon carton (1/2 gallon)			
130			<b>Healthy dairy &amp; alt. dairy, total ounces:</b>			
131	<b>Other Beverages</b>					
132	Coffee, black		74 oz dispenser			
133			2.5 L dispenser			
134			1.875 gallon dispenser (30 cups of coffee)			
135			2.625 gallon dispenser (42 cups of coffee)			
136	Tea, unsweetened		16 oz teapot			
137			20 oz teapot			
138			32 oz teapot			
139			<b>Coffee &amp; tea, total ounces:</b>			
140	Snapple, regular		16 oz bottle			
141			20 oz bottle			
142	Lipton Ice Tea, regular		16.9 oz bottle			
143			<b>Regular sweetened iced tea, total ounces:</b>			
144	Snapple, diet		16 oz bottle			
145			20 oz bottle			
146	Lipton Ice Tea, diet		16.9 oz bottle			
147			<b>Diet Snapple, total ounces:</b>			
148	Hot chocolate, regular		8 oz cup			
149			12 oz cup			
150			<b>Regular hot chocolate, total ounces:</b>			
151	Hot chocolate, reduced or low fat		8 oz cup			
152			12 oz cup			
153	Hot chocolate, sugar-free		8 oz cup			
154			12 oz cup			
155			<b>Hot chocolate, low fat or sugar, total ounces:</b>			
156	Smoothies, with non-100% fruit juice, no sugar or whole/2% milk added		8 oz cup			
157			12 oz cup			
158	Smoothies, with non-100% fruit juice and whole or 2% milk		8 oz cup			
159			12 oz cup			
160	Smoothies, with non-100% fruit juice, sugar added		8 oz cup			
161			12 oz cup			
162	Smoothies, with non-100% fruit juice and whole or 2% milk, sugar added		8 oz cup			
163			12 oz cup			
164			<b>Smoothies, added sugar and/or high fat milk, total ounces:</b>			



## Section 3.18

### Beverages (p. 4)

7	Type of Beverage	Quantity	Size	Container	Total Amount (in ounces)
165	Smoothies, all fruit, no fruit juice, or 1% or skim milk added		8 oz cup		
166			12 oz cup		
167	Smoothies, all fruit, no fruit juice, 1% or skim milk added		8 oz cup		
168			12 oz cup		
169	Smoothies, fruit, 100% juice added, no 1% or skim milk added		8 oz cup		
170			12 oz cup		
171	<b>Smoothies, no added sugar and/or low fat, total ounces:</b>				
172	SoBe, Tea & Fruit Elixir, regular		20 oz bottle		
173	SoBe, Lifewater, regular		20 oz bottle		
174	<b>Fruit-flavored non-juice beverages, regular, total ounces:</b>				
175	SoBe, Tea & Fruit Elixir, low to no calories		20 oz bottle		
176			20 oz bottle		
177	<b>Fruit-flavored non-juice beverages, low to no calories, total ounces:</b>				
178	Aguas frescas		1.5 gallon container		
179			5 gallon container		
180	<b>Aguas frescas, total ounces:</b>				
181	Fruit punch (in bowl), regular		7 quart bowl		
182			12 quart bowl		
183			13.5 quart bowl		
184	<b>Regular fruit punch, total ounces:</b>				
185	Fruit punch (in bowl), low or no calories		7 quart bowl		
186			12 quart bowl		
187			13.5 quart bowl		
188	<b>Low or no calorie fruit punch, total ounces:</b>				
189	<b>Energy drinks, regular</b>				
190	Red Bull		8.4 oz can		
191			12 oz can		
192			16 oz can		
193	Monster		15.5 oz can		
194			16 oz can		
195			24 oz can		
196	Rock Star		12 oz can		
197			16 oz can		
198		<b>Regular energy drinks, total ounces:</b>			
199	<b>Energy drinks, less calories or sugar free</b>				
200	Red Bull		8.4 oz can		
201			12 oz can		
202			16 oz can		
203	Monster		15.5 oz can		
204			16 oz can		
205			24 oz can		
206	Rock Star		12 oz can		
207			16 oz can		
208		<b>Lighter energy drinks, total ounces:</b>			



## Section 3.19

### Beverages (p. 5)

7	Type of Beverage	Quantity	Size	Container	Total Amount (in ounces)
209	<b>Electrolyte beverages</b>				
210	Gatorade, original		4.23 oz bottle		
211			6.75 oz bottle		
212			11.6 oz bottle		
213			12 oz bottle		
214			20 oz bottle		
215			32 oz bottle		
216	Gatorade, G2, regular		11.6 oz bottle		
217			12 oz bottle		
218			20 oz bottle		
219			32 oz bottle		
220	Gatorade, G2, low calorie		11.6 oz bottle		
221			12 oz bottle		
222			20 oz bottle		
223			32 oz bottle		
224	Propel Fitness Water		4.23 oz bottle		
225			6.75 oz bottle		
226			16.9 oz bottle		
227					<b>Electrolyte beverages, total ounces</b>
228	<b>Powdered drink mixes, regular calories</b>				
229	Country Time Lemonade		60 oz pitcher		
230			2 quart pitcher		
231			2.25 quart pitcher		
232	Lipton Iced Tea		60 oz pitcher		
233			2 quart pitcher		
234			2.25 quart pitcher		
235	Kool-Aid		60 oz pitcher		
236			2 quart pitcher		
237			2.25 quart pitcher		
238	Tang		60 oz pitcher		
239			2 quart pitcher		
240			2.25 quart pitcher		
241					<b>Reg. powdered drink mixes, total ounces:</b>
242	<b>Powdered drink mixes, low or no calories</b>				
243	Country Time Lemonade		60 oz pitcher		
244			2 quart pitcher		
245			2.25 quart pitcher		
246	Lipton Iced Tea		60 oz pitcher		
247			2 quart pitcher		
248			2.25 quart pitcher		
249	Kool-Aid		60 oz pitcher		
250			2 quart pitcher		
251			2.25 quart pitcher		
252	Tang		60 oz pitcher		
253			2 quart pitcher		
254			2.25 quart pitcher		
255	Crystal Light		60 oz pitcher		
256			2 quart pitcher		
257			2.25 quart pitcher		
258			1.5 gallon beverage dispenser		
259			2 gallon beverage dispenser		
260			2.5 gallon beverage dispenser		
261			3 gallon beverage dispenser		
262					<b>Light powdered drink mixes, total ounces:</b>
263					<b>All beverages, total ounces:</b>
264					<b>Healthy beverages, total ounces:</b>
265					<b>Unhealthy beverages, total ounces:</b>
266					<b>% healthy beverages:</b> #DIV/0!
267					<b>% unhealthy beverages:</b> #DIV/0!



## Section 3.20

### Grains & Grain-Based Foods (p. 1)

Grains & Grain-Based Foods				
1				
2	<b>Directions:</b>			
3	1. If a particular type of grain is present, make sure to fill out <b>BOTH</b> the "Quantity" and "# Servings" boxes next to the type of grain available.			
4	2. For "Quantity," write down the amount of rolls, loaves, bags, boxes, etc. of grain-based food that is available.			
5	3. For "# servings," write down the amount of people that can be served with EACH roll, loaf of bread, bag, or box of grain-based foods. # of Servings can generally be found on the product package. If the package is unavailable, use your best estimate.			
6	<i>Example:</i> For 2 bags of refined grain tortillas that have 20 tortillas per bag -- Type of Grain: Tortillas; Subcategory: Flour, refined grain. Quantity = 2 (for 2 bags); # Servings = 20 (for 20 tortillas per bag).			
7	4. If any of the grains listed are not available, simply leave the boxes next to the food item blank.			
8	5. In order to tell if a product is <b>whole grain</b> , simply look at the nutrition label on the product's package. Under the "Ingredients" list, the <b>very first</b> ingredient listed should be "whole _____," such as "whole wheat flour" or "whole rolled oats." If the first ingredient is <b>not</b> whole grain, the product is considered a <b>refined grain</b> . Additionally, whole grain products may carry the yellow 100% whole grain stamp, as seen to the right.			
9	<b>Type of Grain</b>	<b>Quantity</b>	<b># Servings OR # Pieces</b>	<b>Reference Amount (g)</b>
10	Bread			
11	Regular (refined grain)			
12	Rolls			50
13	Buns			50
14	Sliced Loaves			50
15	Other:			50
16	<b>Regular bread, total:</b>			
17	Whole grain			
18	Rolls			50
19	Buns			50
20	Sliced Loaves			50
21	Other:			50
22	<b>Whole grain bread, total:</b>			
23	Rice			
24	Refined grain			140
25	<b>Refined grain rice, total:</b>			
26	Whole grain			140
27	<b>Whole grain rice, total:</b>			
28	Pasta			
29	Refined grain			140
30	<b>Refined grain pasta, total:</b>			
31	Whole grain			140
32	<b>Whole grain pasta, total:</b>			
33	Tortillas			
34	Flour, refined grain			55
35	<b>Regular tortillas, total:</b>			
36	Flour, whole grain			55
37	Corn			55
38	<b>Whole grain tortillas, total:</b>			
39	Taco shells (hard)			
40	Fried			30
41	<b>Fried taco shells, total:</b>			
42	Baked			
43	<b>Baked taco shells, total:</b>			
44	Breakfast cereals			
45	Refined grain			
46	Puffed cereal (puffed rice), sweetened			15
47	Not puffed (ex. flakes, etc.), sweetened			30
48	<b>Refined grain, sweetened cereals, total:</b>			
49	Puffed cereal (puffed rice), unsweetened			15
50	Not puffed (ex. flakes, etc.), unsweetened			30
51	<b>Refined grain, unsweetened cereals, total:</b>			



## Section 3.21

### Grains & Grain-Based Foods (p. 2)

9	Type of Grain	Quantity	# Servings OR # Pieces	Reference Amount (g)	Total Amount (grams)
52	<b>Whole grain</b>				
53	Puffed cereal (puffed rice), sweetened			15	
54	Not puffed (ex. flakes, etc.), sweetened			30	
55	<b>Whole grain, sweetened cereals, total:</b>				
56	Puffed cereal (puffed rice), unsweetened			15	
57	Not puffed (ex. flakes, etc.), unsweetened			30	
58	<b>Whole grain, unsweetened cereals, total:</b>				
59	<b>Biscuits</b>				
60	Refined grain			55	
61	<b>Refined grain biscuits, total:</b>				
62	Whole grain			55	
63	<b>Whole grain biscuits, total:</b>				
64	<b>Crackers</b>				
65	Regular (refined grain)			30	
66	<b>Regular crackers, total:</b>				
67	Refined grain, reduced or low fat			30	
68	Whole grain			30	
69	Whole grain, reduced or low fat			30	
70	<b>Whole and/or reduced fat crackers, total:</b>				
71	<b>Muffins</b>				
72	Regular (refined grain)			55	
73	<b>Regular muffins, total:</b>				
74	Refined grain, reduced or low fat			55	
75	Refined grain, reduced or low sugar			55	
76	<b>Reduced fat/sugar refined grain muffins, total:</b>				
77	Whole grain			55	
78	Whole grain, reduced or low fat			55	
79	Whole grain, reduced or low sugar			55	
80	<b>Whole and/or reduced fat muffins, total:</b>				
81	<b>Pancakes</b>				
82	Regular (refined grain)			110	
83	<b>Regular pancakes, total:</b>				
84	Whole grain			110	
85	<b>Whole grain pancakes, total:</b>				
86	<b>Waffles</b>				
87	Regular (refined grain)			85	
88	<b>Regular waffles, total:</b>				
89	Whole grain			85	
90	<b>Whole grain waffles, total:</b>				
91	<b>Cookies</b>				
92	Regular (refined grain)			30	
93	<b>Regular cookies, total:</b>				
94	Refined grain, reduced or low fat			30	
95	Refined grain, reduced or low sugar			30	



## Section 3.22

### Grains & Grain-Based Foods (p. 3)

9	Type of Grain	Quantity	# Servings OR # Pieces	Reference Amount (g)	Total Amount (grams)
97	Whole grain			30	
98	Whole grain, reduced or low fat			30	
99	Whole grain, reduced or low sugar			30	
100	<b>Whole and/or reduced fat or sugar cookies, total:</b>				
101	Bars (granola, breakfast, etc.)				
102	Regular (refined grain)			40	
103	<b>Regular bars, total:</b>				
104	Regular, reduced or low fat			40	
105	Regular, reduced or low sugar			40	
106	<b>Reduced fat/sugar refined grain bars, total:</b>				
107	Whole grain			40	
108	Whole grain, reduced or low fat			40	
109	Whole grain, reduced or low sugar			40	
110	<b>Whole grain, low/reduced fat or sugar, total:</b>				
111	Cakes, pastries, sweet breads, and dessert				
112	Brownies			40	
113	Doughnuts			55	
114	Pan dulce (Mexican sweet bread)			55	
115	Turnovers & other pastries			125	
116	Sweet rolls			55	
117	Pies			125	
118	Cobblers			125	
119	Danish			55	
120	Cake (heavy) -- cheesecake, pineapple upside down; fruitcake			125	
121	Cake (medium) -- fruit, vegetable, or nut cake; cake with icing or filling; boston crème pie; cupcake; éclair; crème puff			80	
122	Cake (light) -- angel food, chiffon, sponge cake			55	
123	Toaster pastries			55	
124	Snack cakes (Hostess, Little Debbie, etc.)			55	
125	<b>Regular cake, total:</b>				
126	Low-fat, fat-free grain-based dessert			55	
127	Reduced or sugar-free grain-based dessert			55	
128	<b>Low or no fat or sugar dessert, total:</b>				
129	<b>All grains, total:</b>				
130	<b>Healthy grains, total (grams):</b>				
131	<b>Unhealthy grains, total (grams):</b>				
132	<b>% Healthy grains: #DIV/0!</b>				
133	<b>% Unhealthy grains: #DIV/0!</b>				

[Return to Beginning of Part 4](#)



## Section 3.23

### Vegetables (p. 1)

Vegetables					
1					
2	<b>Directions:</b>				
3	1. If a particular type of vegetable is present, make sure to fill out the "# Servings" box next to the type of vegetable and the appropriate method(s) of preparation.				
4	<i>Example:</i> A pan of refried pinto beans that serves 15 people -- Type of Vegetable: Beans; Method of Preparation: Refried; # of Servings: 15				
5	<b>For serving size:</b> As a general rule, 1 serving = 1 cup of fresh/raw veggies, about the size of a fist (1 cup), or 1/2 cup (or 1/2 a fist) of cooked veggies.				
6	Type of Vegetable	Method of Preparation	# of Servings	Reference Value (grams)	Total Amount (grams)
7	<b>Red, orange, and/or yellow</b>				
8	Butternut squash	Raw (fresh)		130	
9		Steamed, boiled, or baked		130	
10		Sauté or stir fry		130	
11		Deep fried		130	
12	Carrots	Raw (fresh)		85	
13		Canned		130	
14		Steamed, boiled, or baked		85	
15		Sauté or stir fry		85	
16		Deep fried		85	
17	Pumpkin	Raw (fresh)		130	
18		Canned		130	
19		Steamed, boiled, or baked		130	
20		Sauté or stir fry		130	
21		Deep fried		130	
22	Red peppers	Raw (fresh)		85	
23		Steamed, boiled, or baked		85	
24		Sauté or stir fry		85	
25		Deep fried		85	
26	Sweet potatoes	Raw (fresh)		85	
27		Steamed, boiled, or baked		85	
28		Mashed		85	
29		Sauté or stir fry		85	
30		Deep fried		85	
31	Tomatoes	Raw (fresh)		85	
32		Canned		130	
33		Steamed, boiled, or baked		85	
34		Paste		30	
35		Sauce or puree		60	
36		Sauté or stir fry		85	
37		Deep fried		85	
38	<b>RYO veggies, no to low fat, total:</b>				
39	<b>RYO veggies, deep fried, total:</b>				
40	<b>Leafy or dark green vegetables</b>				
41	Bok choy	Raw (fresh)		85	
42		Steamed, boiled, or baked		85	
43		Sauté or stir fry		85	
44		Deep fried		85	
45	Broccoli	Raw (fresh)		85	
46		Steamed, boiled, or baked		85	
47		Sauté or stir fry		85	
48		Deep fried		85	
49	Collard greens	Raw (fresh)		85	
50		Steamed, boiled, or baked		85	
51		Sauté or stir fry		85	
52		Deep fried		85	
53	Dark green leafy lettuce	Raw (fresh)		85	
54		Steamed, boiled, or baked		85	
55		Sauté or stir fry		85	
56		Deep fried		85	



## Section 3.24

### Vegetables (p. 2)

6	Type of Vegetable	Method of Preparation	# of Servings	Reference Value (grams)	Total Amount (grams)
57	Kale	Raw (fresh)		85	
58		Steamed, boiled, or baked		85	
59		Sauté or stir fry		85	
60		Deep fried		85	
61	Romaine lettuce	Raw (fresh)		85	
62		Steamed, boiled, or baked		85	
63		Sauté or stir fry		85	
64		Deep fried		85	
65	Spinach	Raw (fresh)		85	
66		Canned		130	
67		Steamed, boiled, or baked		85	
68		Sauté or stir fry		85	
69		Deep fried		85	
70	Watercress	Raw (fresh)		85	
71		Steamed, boiled, or baked		85	
72		Sauté or stir fry		85	
73		Deep fried		85	
74			<b>Dark leafy greens, no to low fat, total:</b>		
75			<b>Dark leafy greens, deep fried, total:</b>		
76	<b>Starchy vegetables</b>				
77	Cassava	Steamed, boiled, or baked		85	
78		Sauté or stir fry		85	
79		Deep fried		85	
80	Corn	Steamed or boiled		85	
81		Canned		130	
82		Sauté or stir fry		85	
83		Creamed corn		130	
84		Deep fried		85	
85	Green peas	Steamed, boiled, or baked		85	
86		Sauté or stir fry		85	
87	Green lima beans	Steamed, boiled, or baked		85	
88		Sauté or stir fry		85	
89		Deep fried		85	
90	Plantains	Steamed, boiled, or baked		85	
91		Sauté or stir fry		85	
92		Deep fried		85	
93	Potatoes	Steamed, boiled, or baked		110	
94		Canned		160	
95		Sauté or stir fry		110	
96		Hash browns, pancakes, or skins		70	
97		Mashed potatoes, no fat added		140	
98		Mashed potatoes, skim or low-fat milk added		140	
99		Mashed potatoes, whole milk and/or margarine/butter added		140	
100		French Fries		70	





## Section 3.25

### Vegetables (p. 3)

6	Type of Vegetable	Method of Preparation	# of Servings	Reference Value (grams)	Total Amount (grams)
101	Taro	Steamed, boiled, or baked		85	
102		Sauté or stir fry		85	
103		Deep fried		85	
104	Water chestnuts	Steamed, boiled, or baked		85	
105		Sauté or stir fry		85	
106		Deep fried		85	
107				Starchy veggies, no to low fat, total:	
108				Starchy veggies, high fat, total:	
109	<b>Beans and peas</b>				
110	Black beans	Steamed, boiled, or baked		90	
111		Canned		130	
112		Sauté or stir fry		90	
113		Prepared with plant oils or skim/low-fat dairy		90	
114		Refried, or prepared with lard/shortening or whole milk		90	
115	Black-eyed peas	Steamed, boiled, or baked		90	
116		Canned		130	
117		Sauté or stir fry		90	
118		Prepared with plant oils or skim/low-fat dairy		90	
119		Refried, or prepared with lard/shortening or whole milk		90	
120	Garbanzo/chickpea	Steamed, boiled, or baked		90	
121		Canned		130	
122		Sauté or stir fry		90	
123		Pureed (ex. hummus)		90	
124		Prepared with plant oils or skim/low-fat dairy		90	
125		Refried, or prepared with lard/shortening or whole milk		90	
126	Kidney beans	Steamed, boiled, or baked		90	
127		Canned		130	
128		Sauté or stir fry		90	
129		Prepared with plant oils or skim/low-fat dairy		90	
130		Refried, or prepared with lard/shortening or whole milk		90	
131	Lentils	Steamed, boiled, or baked		90	
132		Canned		90	
133		Sauté or stir fry		90	
134		Prepared with plant oils or skim/low-fat dairy		90	
135		Refried, or prepared with lard/shortening or whole milk		90	
136	Navy	Steamed, boiled, or baked		90	
137		Canned		130	
138		Sauté or stir fry		90	
139		Prepared with plant oils or skim/low-fat dairy		90	
140		Refried, or prepared with lard/shortening or whole milk		90	
141	Pinto	Steamed, boiled, or baked		90	
142		Canned		90	
143		Sauté or stir fry		90	
144		Prepared with plant oils or skim/low-fat dairy		90	
145		Refried, or prepared with lard/shortening or whole milk		90	



## Section 3.26

## Vegetables (p. 4)

6	Type of Vegetable	Method of Preparation	# of Servings	Reference Value (grams)	Total Amount (grams)
146	Soybeans	Steamed, boiled, or baked		90	
147		Canned		130	
148		Sauté or stir fry		90	
149		Prepared with plant oils		90	
150	Split peas	Steamed, boiled, or baked		90	
151		Canned		130	
152		Sauté or stir fry		90	
153		Prepared with plant oils		90	
154	White beans	Steamed, boiled, or baked		90	
155		Canned		130	
156		Sauté or stir fry		90	
157		Pureed (ex. hummus)		90	
158		Prepared with plant oils or skim/low-fat dairy		90	
159		Refried, or prepared with lard/shortening or whole milk		90	
160			<b>Beans &amp; peas, no to low fat, total:</b>		
161			<b>Beans &amp; peas, high fat, total:</b>		
162	<b>Other vegetables</b>				
163	Artichokes	Raw (fresh)		85	
164		Canned or in a jar		130	
165		Steamed, boiled, or baked		85	
166		Sauté or stir fry		85	
167		Deep fried		85	
168	Asparagus	Raw (fresh)		85	
169		Canned or in a jar		130	
170		Steamed, boiled, or baked		85	
171		Sauté or stir fry		85	
172		Deep fried		85	
173	Avocado	Raw (fresh)		85	
174		Steamed, boiled, or baked		85	
175		Sauté or stir fry		85	
176		Deep fried		85	
177	Bean sprouts	Raw (fresh)		85	
178		Canned		130	
179		Steamed, boiled, or baked		85	
180		Sauté or stir fry		85	
181		Deep fried		85	
182	Beets	Raw (fresh)		85	
183		Canned		130	
184		Steamed, boiled, or baked		85	
185		Sauté or stir fry		85	
186		Deep fried		85	
187	Brussels sprouts	Raw (fresh)		85	
188		Steamed, boiled, or baked		85	
189		Sauté or stir fry		85	
190		Deep fried		85	
191	Cabbage	Raw (fresh)		85	
192		Steamed, boiled, or baked		85	
193		Sauté or stir fry		85	
194		Deep fried		85	

## Section 3.27

## Vegetables (p. 5)

6	Type of Vegetable	Method of Preparation	# of Servings	Reference Value (grams)	Total Amount (grams)
195	Cauliflower	Raw (fresh)		85	
196		Steamed, boiled, or baked		85	
197		Sauté or stir fry		85	
198		Deep fried		85	
199	Celery	Raw (fresh)		85	
200		Steamed, boiled, or baked		85	
201		Sauté or stir fry		85	
202		Deep fried		85	
203	Cucumbers	Raw (fresh)		85	
204		Steamed, boiled, or baked		85	
205		Sauté or stir fry		85	
206		Deep fried		85	
207	Eggplant	Raw (fresh)		85	
208		Steamed, boiled, or baked		85	
209		Sauté or stir fry		85	
210		Deep fried		85	
211	Green beans	Raw (fresh)		85	
212		Steamed, boiled, or baked		85	
213		Sauté or stir fry		85	
214		Deep fried		85	
215	Green peppers	Raw (fresh)		85	
216		Canned		85	
217		Steamed, boiled, or baked		85	
218		Sauté or stir fry		85	
219		Deep fried		85	
220	Iceberg (head) lettuce	Raw (fresh)		85	
221		Steamed, boiled, or baked		85	
222		Sauté or stir fry		85	
223	Mushrooms	Raw (fresh)		85	
224		Canned		85	
225		Steamed, boiled, or baked		85	
226		Sauté or stir fry		85	
227		Deep fried		85	
228	Okra	Raw (fresh)		85	
229		Steamed, boiled, or baked		85	
230		Sauté or stir fry		85	
231		Deep fried		85	
232	Onions	Raw (fresh)		85	
233		Steamed, boiled, or baked		85	
234		Sauté or stir fry		85	
235		Deep fried		85	
236	Parsnips	Raw (fresh)		85	
237		Steamed, boiled, or baked		85	
238		Sauté or stir fry		85	
239		Deep fried		85	
240	Turnips	Raw (fresh)		85	
241		Steamed, boiled, or baked		85	
242		Sauté or stir fry		85	
243		Deep fried		85	
244	Vegetable tray/platter (mix)	Raw (fresh)		85	

Section 3.28

Vegetables (p. 6)

6	Type of Vegetable	Method of Preparation	# of Servings	Reference Value (grams)	Total Amount (grams)	
245	Zucchini	Raw (fresh)		85		
246		Steamed, boiled, or baked		85		
247		Sauté or stir fry		85		
248		Deep fried		85		
249			<b>Other veggies, no to low fat, total:</b>			
250			<b>Other veggies, high fat, total:</b>			
251	<b>Salads</b>					
252	Coleslaw	N/A		85		
253	Coleslaw, low fat	N/A		85		
254	Potato salad, regular	N/A		85		
255	Potato salad, low fat	N/A		85		
256	Leafy greens mix (spring, spinach, baby greens, etc.)	Fresh		85		
257			<b>Healthy salad mixes, total:</b>			
258			<b>Unhealthy salad mixes, total:</b>			
259	<b>Vegetables, total (grams):</b>					
260			<b>Healthy vegetables, total (grams):</b>			
261			<b>Unhealthy vegetables, total (grams):</b>			
262			<b>% Healthy vegetables:</b>			#DIV/0!
263			<b>% Unhealthy vegetables:</b>			#DIV/0!

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## Section 3.29

### Fruits

1	Fruits			
2	<b>Directions:</b>			
3	1. If a particular type of fruit is present, make sure to fill out the "# Servings" box next to the type of fruit under the appropriate category.			
4	<i>Example:</i> A fresh fruit tray that serves 30 people -- Type of Fruit: Fresh fruit tray/platter; # of Servings = 30			
5	<b>For serving size:</b> As a general rule, 1 serving = 1 cup of fresh/raw fruit.			
6	Type of Fruit	# of Servings	Reference Amount (grams)	Total Amount (grams)
7	Fresh fruit			
8	Apples		140	
9	Bananas		140	
10	Blueberries		140	
11	Grapes		140	
12	Kiwi		140	
13	Melon (watermelon, cantaloupe, honeydew)		280	
14	Oranges		140	
15	Pineapples		140	
16	Raspberries		140	
17	Strawberries		140	
18	Fresh fruit tray/platter		140	
19	Fresh fruit cup (no syrup or juice)		140	
20	Other fresh fruit:		140	
21	Other fresh fruit:		140	
22	Other fresh fruit:		140	
23	Other fresh fruit:		140	
24	Other fresh fruit:		140	
25	<b>Fresh fruit, total:</b>			
26	Prepared fruit			
27	Candied fruit		30	
28	Canned fruit, light syrup		140	
29	Canned fruit, regular syrup		140	
30	Dried fruit		40	
31	Dehydrated fruit		30	
32	Fruit cocktail		140	
33	Fruit cups, light syrup		140	
34	Fruit cups, regular syrup		140	
35	Fruit in syrup		140	
36	Relishes (cranberry sauce, etc.)		140	
37	<b>Healthy prepared fruit, total:</b>			
38	<b>Unhealthy prepared fruit, total:</b>			
39	<b>Fruits, total (grams):</b>			
40	<b>Healthy fruits, total (grams):</b>			
41	<b>Unhealthy fruits, total (grams):</b>			
42	<b>% Healthy fruits:</b>			#DIV/0!
43	<b>% Unhealthy fruits:</b>			#DIV/0!

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## Section 3.30

### Proteins (p. 1)

1	Protein				
2	<b>Directions:</b>				
3	1. If a particular type of protein is present, make sure to fill out the "# Servings" box next to the type of protein and the appropriate method(s) of preparation.				
4	<b>Example:</b> 1 bucket of 10 pieces of fried chicken -- Type of Protein: Poultry; Preparation Method: Fried. # of Servings = 10				
5	<b>For Serving Size:</b> In general, 1 serving size of protein = the size of the palm of your hand or a deck of playing cards (3 ounces).				
6	Type of Protein	Preparation Method	# of Servings	Reference Amount (grams)	Total Amount (grams)
7	Meat Items				
8	Poultry (chicken, turkey, etc.)	Boiled (including stews & soups)		85	
9		Baked or grilled		85	
10		Fried		85	
11	Beef	Boiled (including stews & soups)		85	
12		Baked or grilled		85	
13		Fried		85	
14	Pork	Boiled (including stews & soups)		85	
15		Baked or grilled		85	
16		Fried		85	
17	Fish	Boiled (including stews & soups)		85	
18		Baked or grilled		85	
19		Canned, pickled, or smoked		55	
20		Uncooked (fresh, in sushi)		110	
21		Cooked, in sushi		85	
22		Sushi roll, fried		85	
23		Fried		85	
24	Shellfish (shrimp, crab, crawfish, lobster, etc.)	Boiled (including stews & soups)		85	
25		Baked or grilled		85	
26		Uncooked (fresh, in sushi)		110	
27		Cooked, in sushi		85	
28		Sushi roll, fried		85	
29		Fried		85	
30	Bacon, regular	N/A		15	
31	Bacon, turkey or low-fat	N/A		15	
32	Canned meat, regular	N/A		55	
33	Canned meat, low sodium	N/A		55	
34	Deli: chicken breast, turkey, ham, and/or roast beef	N/A		55	
35	Deli: Salami, pastrami, pepperoni, and/or bologna	N/A		55	
36	Dried meats (ex. Jerky)	N/A		85	
37	Sausage, regular (includes chorizo)	N/A		55	
38	Sausage, low fat and/or low sodium	N/A		55	
39				<b>Healthy meat options, total:</b>	
40				<b>Unhealthy meat options, total:</b>	



## Section 3.31

### Proteins (p. 2)

6	Type of Protein	Preparation Method	# of Servings	Reference Amount (grams)	Total Amount (grams)
41	<b>Alternative Protein (Meatless Sources)</b>				
42	<a href="#">Beans (see "Vegetables")</a>				
43	Eggs & egg substitutes	Boiled or poached		50	
44		Prepared with oils		50	
45	Nuts	Raw		30	
46		Salted (salt added)		30	
47		Sweetened (ex. sugar or honey)		30	
48		Flavor added		30	
49	Seeds	Raw		30	
50		Salted (salt added)		30	
51		Sweetened (ex. sugar or honey)		30	
52		Flavor added		30	
53	Tofu	Prepared without oils		85	
54		Sauté or stir fried		85	
55		Deep fried		85	
56	Vegetarian "meat" (includes tempeh)	Prepared without oils or dried		85	
57		Sauté or stir fried		85	
58		Deep fried		85	
59	Nut and seed butters (ex. Peanut butter, almond butter, etc.)	Regular		8.1	
60		Natural (no sugar added)		8.1	
61		Low or reduced fat		8.1	
62				<b>Healthy meatless options, total:</b>	
63				<b>Unhealthy meatless options, total:</b>	
64	<b>Protein options, total (grams):</b>				
65				<b>Healthy protein, total (grams):</b>	
66				<b>Unhealthy protein, total (grams):</b>	
67				% Healthy protein:	#DIV/0!
68				% Unhealthy protein:	#DIV/0!

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## Section 3.32

### Dairy & Dairy Alternatives (p. 1)

1	Dairy & Dairy Alternatives				
2	<b>Directions:</b>				
3	For liquid dairy (milk, soymilk, etc.), see "Beverages." For coffee creamers, see "Other Foods."				
4	1. If a particular type of dairy is present, make sure to fill out the "# Servings" box next to the type of dairy and the appropriate fat content. To determine the fat content, check the package (if available).				
5	<i>Example:</i> 20 slices of regular cheddar cheese -- Type of Dairy: Cheese; Subcategory: Cheddar; Fat Content: Regular (whole). # of Servings = 20				
6	Type of Dairy	Fat Content	# of Servings	Reference Amount (grams)	Total Amount (grams)
7	Cheese				
8	Cheese (sandwich slices or shredded for toppings)				
9	American	Regular (whole)		30	
10		Reduced fat (2%)		30	
11		Low-fat (1%)		30	
12		Fat-free (skim)		30	
13	Cheddar	Regular (whole)		30	
14		Reduced fat (2%)		30	
15		Low-fat (1%)		30	
16		Fat-free (skim)		30	
17	Colby	Regular (whole)		30	
18		Reduced fat (2%)		30	
19		Low-fat (1%)		30	
20		Fat-free (skim)		30	
21	Dairy-free cheese	N/A		30	
22	Monterey Jack	Regular (whole)		30	
23		Reduced fat (2%)		30	
24		Low-fat (1%)		30	
25		Fat-free (skim)		30	
26	Mozzarella	Regular (whole)		30	
27		Reduced fat (2%)		30	
28		Low-fat (1%)		30	
29		Fat-free (skim)		30	
30		Fresh mozzarella		30	
31	Pepper Jack	Regular (whole)		30	
32		Reduced fat (2%)		30	
33		Low-fat (1%)		30	
34		Fat-free (skim)		30	
35	Provolone	Regular (whole)		30	
36		Reduced fat (2%)		30	
37		Low-fat (1%)		30	
38		Fat-free (skim)		30	
39				<b>Healthy cheeses, total:</b>	
40				<b>Unhealthv cheese. total:</b>	





## Section 3.33

### Dairy & Dairy Alternatives (p. 2)

6	Type of Dairy	Fat Content	# of Servings	Reference Amount (grams)	Total Amount (grams)
41	<b>Ingredient Cheeses</b>				
42	Bleu Cheese	Regular		30	
43		Reduced or low fat		30	
44	Mascarpone	Regular		30	
45		Reduced or low fat		30	
46	Queso Fresco	Regular		30	
47		Reduced or low fat		30	
48	Parmesan	Regular		5	
49		Reduced or low fat		5	
50	Ricotta	Regular		55	
51		Reduced or low fat		55	
52	Romano	Regular		5	
53		Reduced or low fat		5	
54	Other cheeses	Regular		30	
55		Reduced or low fat		30	
56				<b>Healthy ingredient cheeses, total:</b>	
57				<b>Unhealthy ingredient cheeses, total:</b>	
58	<b>Other Dairy Products</b>				
59	Cottage cheese, unflavored	Regular (whole)		110	
60		Reduced fat (2%)		110	
61		Low-fat (1%)		110	
62		Fat-free (skim)		110	
63	Cottage cheese, flavored	Regular (whole)		110	
64		Reduced fat (2%)		110	
65		Low-fat (1%)		110	
66		Fat-free (skim)		110	
67	Fermented milk product (kefir, etc.)	Regular (whole)		225	
68		Reduced fat (2%)		225	
69		Low-fat (1%)		225	
70		Fat-free (skim)		225	
71	Frozen yogurt	Regular (whole)		86	
72		Reduced or low fat		76	
73	Ice cream, regular	Regular (whole)		76	
74		Reduced or low fat		76	
75	Ice cream, no sugar added	Regular (whole)		76	
76		Reduced or low fat		76	
77	Pudding, regular	Regular (whole)		113	
78		Reduced or low fat		113	
79	Pudding, sugar-free	Regular (whole)		113	
80		Reduced or low fat		113	
81	Sour cream	Regular (whole)		110	
82		Reduced fat (2%)		110	
83		Low-fat (1%)		110	
84		Fat-free (skim)		110	
85	Yogurt, plain	Regular (whole)		225	
86		Reduced or low fat		225	
87	Yogurt, flavored	Regular (whole)		225	
88		Reduced or low fat		225	
89				<b>Healthy other dairy, total:</b>	
90				<b>Unhealthy other dairy, total:</b>	
91	<b>Dairy &amp; Dairy Alternatives, total (grams):</b>				
92				<b>Healthy dairy, total (grams):</b>	
93				<b>Unhealthy dairy, total (grams):</b>	
94				<b>% Healthy dairy:</b>	#DIV/0!
95				<b>% Unhealthy dairy:</b>	#DIV/0!

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## Section 3.34

### Snacks & Other Foods (p. 1)

1	Snacks & Other Foods	
2	<b>Directions:</b>	
3	If any of the foods on this list <b>are</b> available, write a "1" under "Availability."	
4	If any of the foods on this list are <b>not</b> available, leave the box under "Availability" blank.	
5	<b>Type of Food</b>	<b>Available?</b>
6	Chips & Snack Mixes	
7	Regular Chips	
8	Potato chips, regular (fried)	
9	Tortilla chips, regular (fried)	
10	Cheetos, regular, any flavor & style	
11	Doritos, regular	
12	Snack mix, regular	
13	Baked, Toasted, or Popped Chips	
14	Potato chips, baked or popped	
15	Tortilla chips, baked or toasted	
16	Cheetos, baked	
17	Doritos, baked	
18	Snack mix, baked or reduced/low fat	
19	Pita chips	
20	Popcorn	
21	Plain, no butter	
22	Reduced fat popcorn	
23	Other flavoring, no fat or salt added	
24	Buttered popcorn	
25	Caramel popcorn, or sweet popcorn	
26	Cheesy popcorn	
27	Candy	
28	Gummy candy	
29	Gummy candy, sugar-free	
30	Hard candy	
31	Hard candy, sugar-free	
32	Soft candy	
33	Soft candy, sugar-free	
34	Chocolate	
35	Dark chocolate, with or without other ingredients (nuts, puffed rice, caramel, etc.)	
36	Milk chocolate, with or without other ingredients (nuts, puffed rice, caramel, etc.)	
37	White chocolate, with or without other ingredients (nuts, puffed rice, caramel, etc.)	
38	Chocolate, any types, sugar-free	
39	Condiments & Sauces, Savory	
40	Barbeque Sauce	
41	Chili paste	
42	Chili oil	
43	Fish sauce	
44	Hot sauce (Tabasco, Tapatio, etc.)	
45	Hoisin sauce	
46	Ketchup/Catsup	
47	Mayonnaise, regular	
48	Mayonnaise, reduced or low-fat, or fat-free	
49	Miracle whip, regular	
50	Miracle whip, reduced or low-fat, or fat-free	
51	Mustard	
52	Peanut sauce	
53	Relish	



Section 3.35

Snacks & Other Foods (p. 2)

5	Type of Food	Available?
54	Salt	
55	Salt substitutes (includes Nu-Salt, Mrs. Dash, etc.)	
56	Soy sauce	
57	Sriacha	
58	Sweet and sour sauce	
59	Other:	
60	<b>Dairy-Based Products, Low Calcium</b>	
61	Butter	
62	Cream cheese, regular	
63	Cream cheese, low-fat or fat-free	
64	Coffee creamer, liquid, regular	
65	Coffee creamer, liquid, low-fat or fat-free	
66	Coffee creamer, liquid, sugar-free	
67	Coffee creamer, powder, regular	
68	Coffee creamer, powder, low-fat or fat-free	
69	Coffee creamer, powder, sugar-free	
70	Margarine	
71	<b>Dressings</b>	
72	<b>Cream-based</b>	
73	Ranch dressing	
74	Thousand Island dressing	
75	Blue cheese dressing	
76	Caesar dressing	
77	Poppy seed dressing, creamy	
78	Other:	
79	Other:	
80	<b>Oil-based</b>	
81	Italian	
82	Vinaigrette	
83	Poppy seed dressing, not creamy	
84	Olive oil	
85	Other:	
86	Other:	



## Section 3.36

### Snacks & Other Foods (p. 3)

5	Type of Food	Available?
87	Sweet Spreads (or "Condiments & Sauces, Sweet)	
88	Jam, jelly, or fruit butter or preserves, regular	
89	Jam, jelly, or fruit butter or preserves, reduced or low sugar	
90	Jam, jelly, or fruit butter or preserves, sugar-free	
91	Chocolate syrup	
92	Chocolate syrup, reduced fat or low fat	
93	Chocolate syrup, sugar-free	
94	Maple syrup	
95	Maple syrup, sugar-free	
96	Caramel syrup	
97	Caramel syrup, sugar-free	
98	Sprinkles	
99	Fruit-flavored syrup	
100	Fruit-flavored syrup, sugar free	
101	Sugar	
102	Sugar substitutes/artificial sweeteners (Splenda, Truvia, Sweet'N Low, etc.)	
103	Salsas and Dips	
104	Pico de gallo	
105	Red salsa (salsa rojo)	
106	Green salsa (salsa verde)	
107	Hummus	
108	Tahini	
109	Canned bean dip (regular, with fat)	
110	Canned bean dip, reduced, low, or fat free, or low sodium	
111	Bean dip, homemade, fat added	
112	Bean dip, homemade, no fat added	
113	<b>Available other foods, total:</b>	
114	Healthy other available foods, total:	
115	Unhealthy other foods available, total:	
116	% Healthy other foods available:	#DIV/0!
117	% Unhealthy other foods available:	#DIV/0!



## SELECTED RESOURCES

A comprehensive list of instruments that can be used to measure the food environment are available at: <https://riskfactor.cancer.gov/mfe/instruments>

Other useful tools to measure various food environments include:

1. Congregational Health Index. Available at [www.faihandwellness.org](http://www.faihandwellness.org)
2. FoodBeams Instructional Manual for School Nutrition Assessments. Available at <http://www.foodbeams.com>
3. Hazon Food Guide & Food Audit Toolkit. Available at <http://www.hazon.org/resource/hazon-food-audit/>
4. Promoting Healthy Eating. Michigan Healthy Communities Collaborative. Online Nutrition Environment Assessment Tool (NEAT) available at [www.mihealthtools.org](http://www.mihealthtools.org)
5. Network for a Healthy California. Champions for Change. Check For Health. Workplace Environmental Assessment. Available at <http://www.cdph.ca.gov/programs/cpns/Documents/CheckforHealth.pdf>
6. Child Care Center Healthy Environment Assessment. Available at [http://www.banpac.org/toolkit\\_HFBPE/section2/2-CFC\\_Healthy\\_Environment\\_Self\\_Assessment.pdf](http://www.banpac.org/toolkit_HFBPE/section2/2-CFC_Healthy_Environment_Self_Assessment.pdf)

