



Healthy Menu Item Scorecard

Street Team Member Name: _____

Date of Review: _____

Scorecard Directions

1. Order a menu item and take a picture of the plate to upload.
2. Use the descriptions and definitions under each topic to help you determine if the menu item meets the criteria for each section.
 - a. If you are not sure on a point, asking restaurant staff can help answer any questions.
3. Total the checkmarks at the bottom to give the menu item a health score.
 - a. 1 = Healthy Nod
 - b. 5 = Very Healthy Menu Item

Does the menu item include any of the following items? Each item checked = 1 point.

Vegetable Forward (fruit-forward okay)

- A vegetable or fruit is the star of the meal.
- Other foods are added to compliment the meal.
- Highlighted vegetables or fruits are fresh vibrant and flavorful.

Grains (whole grains)

- Whole grains are used instead of refined grains.
- Whole grains include brown rice, wild rice, quinoa, rolled oats, whole grain corn, and whole wheat bread.

Healthy Fats

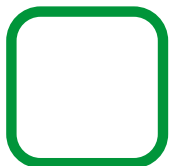
- Healthy fats are used during the cooking process
- Healthy fats include vegetables/nut oils, nuts, olives fish, and avocados.
- Limits solid/animal fats like butter, sour cream, soft cheeses and lard.

No Added Sugar

- Sugars are not added to food sauces or drinks.
- The fruit is used to naturally flavor foods.

Low Salt

- Fresh vegetables are used instead of canned.
- Herbs and spices instead of salt to flavor foods.
- Sauces are low-sodium or salt-free



The total rating for this item.
Each item checked = 1 point.

Restaurant:

Menu Item:

Description of Item: