



Texas Nutrition Environment Assessment for Restaurants (TxNEA-R) Tool Glossary

Branded Recognition Program - a program name or logo that is used to promote healthier menu options. e.g.: Por Vida, American Heart Association's Heart-Check

Dessert – sweetened foods typically eaten at the end of a meal such as, cookies, pies, cakes, ice cream, frozen yogurt, and sometimes eaten at breakfast, such as muffins, donuts, and other pastries

Fast Food/Fast Casual - has tables but does not have formal table service, or has limited table service of drinks and condiments

Franchise – a food outlet whose brand, products, services, and operating system are provided by a franchisor, a person or company that grants the license to a third party for the conducting of a business under their marks¹

Fruit - fresh, frozen, canned, dried fruits. Does not include fruit juices.²

Garnishes and condiments – vegetables, fruits, and cheeses that are served as a flavor enhancer to accompany the meal and are not a substantial proportion of the meal served, such as salsa on top of seafood or in a burrito

Grains – includes bread, rice, pasta, tortillas, cereal, etc.

Less Healthy Foods - foods that include high-fat proteins or lean proteins, fruits and vegetables that are cooked with a less healthy cooking method, and grains that are not whole grains.

Healthier Beverages – unsweetened milk and no-calorie beverages that don't have added sweeteners, such as water, tea, black coffee, fruit and vegetable juices

Healthier Cooking Method - grilled, broiled, baked, steamed, poached, roasted, raw, sautéed, stewed, cooked in vegetable based sauce, or served raw (sushi meat or raw fruits and vegetables)³

Healthier Foods - includes non-fried vegetables, fruit that is not a dessert, lean and non-fried proteins, whole grains, yogurt, nuts, nut butters, and avocado, and oil-based sauces.⁴

High-fat protein – beef (corned, ground, meatloaf, short ribs, tongue), hot dog, poultry with skin, pork (sausage, spareribs, bacon) and cheese (as a substantial part of the main course)

In-store - Prepared foods are served inside of another store whose primary purpose is not food service. These prepared foods may be prepared on site or delivered from off-site.

Lean protein - fish, shellfish, skinless poultry, beans, legumes, eggs, "loin," "round," pork chop, tofu, cottage cheese, organ meats, ham.⁵

¹ International Franchise Association, What is a Franchise, Retrieved from <http://www.franchise.org/what-is-a-franchise>

² U.S. Department of Health and Human Services, Dietary Guidelines for Americans 2015, Retrieved from <http://www.health.gov/dietaryguidelines/>

³ American Heart Association, Healthier Preparation Methods for Cooking, Retrieved from http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Healthier-Preparation-Methods-for-Cooking_UCM_301484_Article.jsp#.VnguNU955_A

⁴ Rimkus (2014) Development and Reliability Testing of a Fast-Food Restaurant Observation Form

⁵ Academy of Nutrition and Dietetics, Nutrition Care Manual Products, Retrieved from <http://www.nutritioncaremanual.org/>



Less Healthy Cooking Method - fried, breaded, crusted, sautéed in butter, creamy, with cheese, sugar added, buttered, tossed with a creamy dressing or sauce⁶

Table Service – food outlet where food is ordered at the table and wait staff brings the food.

Take-away - No indoor seating is available, and for the most part, food is not eaten on the premises but is taken elsewhere for later consumption. No table service, a few picnic tables or chairs may be available.

Substitutions - any changes that can be made to the entrée to exchange items or make modifications to the default items that come with the entrée. e.g., whole wheat bread can be substituted for white bread or vegetables can be modified to be cooked without butter

Sugar-Sweetened Beverages – liquids that are sweetened with various forms of added sugars. These beverages include, but are not limited to, soda (regular, not sugar-free), fruit aides, sports drinks, energy drinks, sweetened waters, and coffee and tea beverages with added sugars⁷

Vegetable – includes both starchy (potatoes, green peas, corn) and non-starchy (tomato, peppers, onions, broccoli, mushroom, etc.) vegetables that are served raw or cooked. Includes marinara sauce, and beans and lentils that are not the main course⁸

Whole grains – grains and grain products made from the entire grain seed, which consists of the bran, germ, and endosperm. Includes whole-wheat and whole grain breads, pastas, cereals and crackers, oatmeal, grits, corn tortillas and brown rice.⁹

⁶ U.S. Department of Health and Human Services, Dietary Guidelines for Americans 2015, Retrieved from <http://www.health.gov/dietaryguidelines/>

⁷ U.S. Department of Health and Human Services, Dietary Guidelines for Americans 2015, Retrieved from <http://www.health.gov/dietaryguidelines/>

⁸ U.S. Department of Health and Human Services, Dietary Guidelines for Americans 2015, Retrieved from <http://www.health.gov/dietaryguidelines/>

⁹ U.S. Department of Health and Human Services, Dietary Guidelines for Americans 2015, Retrieved from <http://www.health.gov/dietaryguidelines/>