

**“Eat Well, Live Better”  
GOLD Plate Survey**



Name of Restaurant \_\_\_\_\_  
 Address \_\_\_\_\_  
 Contact Person \_\_\_\_\_ Email Address \_\_\_\_\_ Phone \_\_\_\_\_

**Note: Please Circle the Correct Answer**

1. Can patrons order their salad dressings/sauces/gravies on the side?      Yes    No    N/A
2. Do you offer low fat (3 grams per ounce) or fat free salad dressing?      Yes    No    N/A
3. Do you offer margarine or olive oil at the table upon request?      Yes    No    N/A
4. Do you offer cholesterol free egg substitutes/egg whites for egg dishes?      Yes    No    N/A
5. Do you offer a low-fat alternative in place of a fried menu item?      Yes    No    N/A

a. If yes, circle what kind.

Baked or Broiled Entrees                      Salad                      Fruit                      Baked Potato  
 Steamed Vegetables                      Other: \_\_\_\_\_

6. Do you offer low fat and reduced sugar desserts?      Yes    No    N/A

a. If yes, circle what kind

Sherbet                      Frozen Yogurt                      Fresh Fruit                      Angel Food Cake  
 Other: \_\_\_\_\_

7. Do you offer milk as an option on your menu?      Yes    No    N/A

a. If yes, circle what kind.

Skim                      ½%                      1%

8. Do you offer any menu items that contain whole grains?      Yes    No    N/A

9. Can patrons order menu items prepared without salt?      Yes    No    N/A

10. Do you serve 2 entrée’s on a regular basis that are reduced in fat?      Yes    No    N/A

a. Entrée \_\_\_\_\_ # of Calories \_\_\_\_\_ Grams of Fat: \_\_\_\_\_ Serving Size (cooked weight): \_\_\_\_\_

b. Entrée \_\_\_\_\_ # of Calories \_\_\_\_\_ Grams of Fat: \_\_\_\_\_ Serving Size (cooked weight): \_\_\_\_\_

11. How is the nutrition content of your menu items determined?

Information on a product label                      Computer Analysis                      Magazines  
 Corporate or Consultant Dietitian                      Trademark Program                      Cookbooks  
 Foodservice Vendor                      Other: \_\_\_\_\_

12. Do you offer any Restricted Diet options? (Gluten Free, Diabetic friendly, ...) \_\_\_\_\_

**Please return completed survey by June 1<sup>st</sup>, 2018 to Peg Meents at:  
 419-422-3866 (fax), meents.1@osu.edu, or at The Ohio State University, Hancock County Extension on 7868 CR 140, Findlay, OH 45840**

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## **Restaurant Nutrition Criteria**

### Meal Criteria

- **Calories** - 700 calories or less per the entire meal
- **Total Fat** - 3 grams or less total fat per 100 grams, and 30 percent or less calories from total fat in the meal, and 26 grams or less total fat per the entire meal
- **Saturated Fat** - 1 gram or less saturated fat per 100 grams, and less than 10 percent calories from saturated fat in the meal, and 5 grams or less saturated fat per the entire meal
- **Cholesterol** - 20 milligrams or less cholesterol per 100 grams, and 105 milligrams or less cholesterol per the entire meal
- **Trans Fat** - Less than 0.5 grams trans-fat per the entire meal
- **Sodium** - 960 milligrams or less sodium per the entire meal
- **Beneficial Nutrient** - 10 percent or more of the Daily Value of one of the following nutrients: vitamin A, vitamin C, vitamin E, calcium, iron, dietary fiber or protein
- ❖ *If the meal includes a beverage, the nutritional values for the beverage must be included as part of the nutritional profile of the overall meal.*

### Dessert Criteria

- **Calories:** 200 calories or less per dessert
- **Total Fat:** 3 grams or less total fat per 100 grams, 30% or less calories from total fat
- **Saturated Fat:** 1 gram or less saturated fat per 100 grams, and 10% or less calories from saturated fat
- **Cholesterol:** 20 mg or less cholesterol per 100 grams
- **Sodium:** 300 milligrams or less sodium per dessert
- **Added sugar:** No more than 8 grams (2 tsp) per serving, or 15% of total calories
- **Beneficial Nutrient:** 10 percent or more of the Daily Value of one of the following nutrients: vitamin A, vitamin C, vitamin E, calcium, iron, fiber or protein
- **Fiber:** More than or equal to 1-gram fiber

### Diabetic Friendly Entrée- Same criteria as above including:

- 45-60 grams carbohydrate per meal
- No more than 15 grams carbohydrate per dessert

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