|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |   |   | Never 0% | Rarely 25% | Sometimes 50% | Most of the time 75% | All of time 100% | Not applicable | **Initial**  Consider ( C) Doing ( D ) No ( N ) | **Follow- up** Consider ( C) Doing ( D ) No ( N ) | Comments: |
|  | **Date:**  | Response # | 1 | 2 | 3 | 4 | 5 | 99 | Date:  | Date: |   |
|  | **To what extent does the restaurant?** |  Comments |   |   |   |   |   |   | Would you consider? |   |   |
| 1 | Use fresh vegetables or frozen vegetables? |   |   |   |   |   |   |   |   |   |   |
| 2 | Avoid using canned vegetables? |   |   |   |   |   |   |   |   |   |   |
| 3 | Use low sodium soup base? < 140mg per servingCircle : Soup, Sauces, Gravies |  |   |   |   |   |   |   |   |   |  |
| 4 | Use a meat or protein ingredient, 1st soup base? |  |   |   |   |   |   |   |   |   |   |
| 5 | Use raw roast beef? |   |   |   |   |   |   |   |   |   |   |
| 6 | Use raw ground beef or sirloin? |   |   |   |   |   |   |   |   |   |   |
| 7 | Use raw chicken breast?  |   |   |   |   |   |   |   |   |   |   |
| 8 | Use a raw turkey product with less than 10% additive? |   |   |   |   |   |   |   |   |   |   |
| 9 | Use raw pork with no additives? |   |   |   |   |   |   |   |   |   |   |
| 10 | Use a reduced sodium ham? |   |   |   |   |   |   |   |   |   |   |
| 11 | Use reduced sodium bacon? |   |   |   |   |   |   |   |   |   |   |
| 12 | Use a reduced sodium sausage? |   |   |   |   |   |   |   |   |   |   |
| 13 | Use a reduced sodium hot dog? |   |   |   |   |   |   |   |   |   |   |
| 14 | Use a reduced sodium cheese? |   |   |   |   |   |   |   |   |   |   |
| 15 | Use reduced sodium canned tomato products? |   |   |   |   |   |   |   |   |   |   |
| 16 | Use lower-sodium prepared salad dressing? |   |   |   |   |   |   |   |   |   |  |
| 17 | Use lower-sodium prepared marinade? |   |   |   |   |   |   |   |   |   |  |
| 18 | Use lower-sodium prepared gravy/sauces? |  |   |   |   |   |   |   |   |   |  |
| 19 | Use lower-sodium prepared soup? |  |   |   |   |   |   |   |   |   |  |
| 20 | Use unsalted butter or lower-sodium margarine? |  |   |   |   |   |   |   |   |   |  |
| 21 | Replace processed meats with fresh, roasted meats or lower-sodium products. |  |   |   |   |   |   |   |   |   |  |
| 22 | Use salt-free seasoning blends? |   |   |   |   |   |   |   |   |   |  |
| 23 | Avoid using commercially prepared dishes? |  |   |   |   |   |   |   |   |   |  |
| 24 | Avoid commercially pre-breaded products? |   |   |   |   |   |   |   |   |   |  |
| 25 | Use wine instead of cooking wine |   |   |   |   |   |   |   |   |   |  |
|  | Column total |   | 0 | 0 | 0 | 0 | 0 | 0 |   |   |   |
|  | **Notes:** Request a descending case report for restaurant (past 6 months of ordering.) If report is not available, make notes regarding names, brands and sizes of products used that would be considered for product change and their sodium content if available. |
|  |  |