



Texas Nutrition Environment Assessment for Restaurants (TxNEA-R)

The Northeast Texas Public Health District (NET Health) and volunteers from the UT-Tyler School of Nursing will conduct the Texas Nutrition Environment Assessment for Restaurants (TxNEA-R). Results of the TxNEA-R assessment will be used to create the “Fit Bite” Program, promoting pro-health messaging that emphasizes healthier meal and beverage options that are available at Tyler area food establishments.

The questions listed on the TxNEA-R will allow our staff and volunteers to take an inventory of non-fried vegetables, non-dessert fruits, lean and non-fried proteins, whole grains, yogurt, nuts and nut butters.

The TxNEA-R is designed to identify the menu listings that are prepared using a **healthier cooking method**, and these include items that are *grilled, broiled, baked, steamed, poached, roasted, sautéed or stewed.*

Below are the menu listings that will become assessed by our volunteers:

Fruits - fresh, canned, or dried; served separately & not as an ingredient within a meal.

Vegetables – includes both starchy (potatoes, green peas, corn) and non-starchy (tomato, peppers, onions, broccoli, mushroom, etc.) vegetables that are served raw or cooked, and are offered as a side dish.

Lean proteins - fish, shellfish, skinless poultry, beans, legumes, eggs, pork chop, tofu, organ meats & ham

Whole grains - whole-grain products and whole grains that are used as the primary ingredient, such as breads, pastas, cereals and crackers, oatmeal, grits, corn tortillas and brown rice.

The TxNEA-R assessment will assist in the development of “Fit Bite” Recognition Program that will become spearheaded by the Fit City Tyler coalition, through the creation of a healthy menu dining guide that will be made available to your food establishment through printed and electronic distribution methods.

You may obtain more details by contacting our program coordinator of the TxNEA-R project, Terrence Ates.

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