

Rapid Eating Assessment for Patients (REAP)

Please check the box that best describes your habits.

TOPIC	In an average week, how often do you:	Usually/ Often	Sometimes	Rarely/ Never	Does not apply to me
MEALS	1. Skip breakfast?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	2. Eat <u>4 or more</u> meals from sit-down or take out restaurants?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
GRAINS	3. Eat <u>less than 3 servings</u> of whole grain products a day? Serving = 1 slice of 100% whole grain bread; 1 cup whole grain cereal, high fiber cereal, oatmeal; 3-4 whole grain crackers; 1/2 cup brown rice or whole wheat pasta	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
FRUITS AND VEGETABLES	4. Eat <u>less than 2-3 servings</u> of fruit a day? Serving = 1/2 cup or 1 med. fruit or 4 oz. 100% fruit juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	5. Eat <u>less than 3-4 servings</u> of vegetables/potatoes a day? Serving = 1/2 cup vegetables/potatoes, or 1 cup leafy raw vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
DAIRY	6. Eat or drink <u>less than 2-3 servings</u> of milk, yogurt, or cheese a day? Serving = 1 cup milk or yogurt; 1.5 - 2 ounces cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	7. Use <u>2% (reduced fat)</u> or <u>whole milk</u> instead of skim (non-fat) or 1% (low-fat) milk?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rarely use milk <input type="radio"/>
	8. Use <u>regular cheese</u> (like American, cheddar, Swiss, Monterey Jack) instead of low fat or part skim cheeses as a snack, on sandwiches, pizza, etc?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rarely eat cheese <input type="radio"/>
MEATS/CHICKEN/TURKEY	9. Eat beef, pork, or dark meat chicken <u>more than 2 times a week</u> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	10. Eat <u>more than 6 ounces</u> (see sizes below) of meat, chicken, turkey or fish <u>per day</u> ? Note: 3 ounces of meat or chicken is the size of a deck of cards or ONE of the following: 1 regular hamburger, 1 chicken breast or leg (thigh & drumstick), or 1 pork chop.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rarely eat meat, chicken, turkey or fish <input type="radio"/>
	11. Choose <u>higher fat red meats</u> like prime rib, T-bone steak, hamburger, ribs, etc. instead of lean red meats?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rarely eat meat <input type="radio"/>
	12. Eat the <u>skin</u> on chicken and turkey and the <u>fat</u> on meat.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rarely eat meat, chicken, turkey or fish <input type="radio"/>
	13. Use <u>regular processed meats</u> (like bologna, salami, corned beef, hot dogs, sausage or bacon) instead of low fat processed meats (like roast beef, turkey, lean ham; low-fat cold cuts/hotdogs)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rarely eat processed meats <input type="radio"/>
FRIED FOODS	14. Eat <u>fried foods</u> such as fried chicken, fried fish or French fries?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

OVER

TOPIC	In an average week, how often do you:	Usually/ Often	Sometimes	Rarely/ Never	Does not apply to me
SNACKS	15. Eat <u>regular potato chips, nacho chips, corn chips, crackers, regular popcorn, nuts</u> instead of pretzels, low-fat chips or low-fat crackers, air-popped popcorn?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rarely eat these snack foods <input type="radio"/>
FATS AND OILS	16. Use <u>regular salad dressing & mayonnaise</u> instead of low-fat or fat-free salad dressing and mayonnaise?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rarely use dressing/mayo <input type="radio"/>
	17. <u>Add butter, margarine or oil</u> to bread, potatoes, rice or vegetables at the table?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	18. <u>Cook with oil, butter or margarine</u> instead of using non-stick sprays like Pam or cooking without fat?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rarely cook <input type="radio"/>
SWEETS	19. Eat <u>regular sweets</u> like cake, cookies, pastries, donuts, muffins, and chocolate instead of <u>low fat or fat-free</u> sweets?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rarely eat sweets <input type="radio"/>
	20. Eat <u>regular ice cream</u> instead of sherbet, sorbet, low fat or fat-free ice cream, frozen yogurt, etc.?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rarely eat frozen desserts <input type="radio"/>
	21. Eat <u>sweets</u> like cake, cookies, pastries, donuts, muffins, chocolate and candies more than 2 times per day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rarely eat sweets <input type="radio"/>
SOFT DRINKS	22. <u>Drink 16 ounces or more</u> of non-diet soda, fruit drink/punch a day? Note: 1 can of soda = 12 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
SODIUM	23. Eat high sodium <u>processed foods</u> like canned soup or pasta, frozen/package meals (TV dinners, etc.), chips?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	24. <u>Add salt</u> to foods during cooking or at the table?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
ALCOHOL	25. Drink <u>more than</u> 1-2 alcoholic drinks a day? (One drink = 12 oz. beer, 5 oz. Wine, one shot of hard liquor or mixed drink with 1 shot)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
ACTIVITY	26. Do <u>less than</u> 30 total minutes of physical activity 3 days a week or more? (Examples: walking briskly, gardening, golf, jogging, swimming, biking, dancing, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	27. Watch <u>more than</u> 2 hours of television or videos a day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	