

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? <i>Note: 1 can of soda = 12 ounces</i>	<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"/>	
Do you....			Yes	No	
28. Usually shop and prepare your own food?			<input type="radio"/>	<input type="radio"/>	
29. Ever have trouble being able to shop or cook?			<input type="radio"/>	<input type="radio"/>	
30. Follow a special diet, eat or limit certain foods for health or other reasons?			<input type="radio"/>	<input type="radio"/>	
31. How willing are you to make changes in what, how or how much you eat in order to eat healthier? (Circle the number that best describes how you feel)					
Very willing				Not at all willing	
5	4	3	2	1	