

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 like Shredded Wheat, Wheaties, Grape Nuts, high fiber cereals, oatmeal, 3-4 whole grain crackers, ½ cup brown rice or whole wheat pasta	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
FRUITS & VEGETABLES	4. Eat <u>less than 2-3 servings</u> of fruit a day? Serving = ½ 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 = ½ 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; 1½ - 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"/>

Gans K M et al. J. Nutr. 2003;133:556S-562S