

**REAPS (Rapid Eating Assessment for Participants - Shortened Version)**  
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In an average week, how often do you:	Usually/ Often	Sometimes	Rarely/ Never	Does not apply to me	
1. Skip breakfast?	0	0	0		
2. Eat <u>4 or more</u> meals from sit-down or take out restaurants?	0	0	0		
3. Eat <u>less than 2 servings</u> of whole grain products or high fiber starches a day? <b>Serving</b> = 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, boiled or baked potatoes, yuca, yams or plantain.	0	0	0		
4. Eat <u>less than 2 servings</u> of fruit a day? <b>Serving</b> = ½ cup or 1 med. fruit or ¾ cup 100% fruit juice.	0	0	0		
5. Eat <u>less than 2 servings</u> of vegetables a day? <b>Serving</b> = ½ cup vegetables, or 1 cup leafy raw vegetables.	0	0	0		
6. Eat or drink <u>less than 2 servings</u> of milk, yogurt, or cheese a day? <b>Serving</b> = 1 cup milk or yogurt; 1½ - 2 ounces cheese.	0	0	0		
7. Eat <u>more than 8 ounces</u> (see sizes below) of meat, chicken, turkey or fish <u>per day</u> ? <b>Note:</b> 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 and drumstick), or 1 pork chop.	0	0	0	Rarely eat meat, chicken, turkey or fish  0	
8. Use <u>regular processed meats</u> (like bologna, salami, corned beef, hotdogs, sausage or bacon) instead of low fat processed meats (like roast beef, turkey, lean ham; low-fat cold cuts/hotdogs)?	0	0	0	Rarely eat processed meats  0	
9. Eat <u>fried foods</u> such as fried chicken, fried fish, French fries, fried plantains, tostones or fried yuca?	0	0	0		
10. 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?	0	0	0	Rarely eat these snack foods  0	
11. Add <u>butter, margarine or oil</u> to bread, potatoes, rice or vegetables at the table?	0	0	0		
12. Eat <u>sweets</u> like cake, cookies, pastries, donuts, muffins, chocolate and candies more than 2 times per day.	0	0	0		
13. Drink <u>16 ounces or more</u> of non-diet soda, fruit drink/punch or Kool-Aid a day? <b>Note:</b> 1 can of soda = 12 ounces	0	0	0		
	<b>YES</b>			<b>NO</b>	
14. You or a member of your family usually shops and cooks rather than eating sit-down or take-out restaurant food?	0			0	
15. Usually feel well enough to shop or cook.	0			0	
16. How willing are you to make changes in your eating habits in order to be healthier?	1  Very willing	2	3	4	5  Not at all willing