

FIGURE 1

REAP-S v.2 (Rapid Eating Assessment for Participants, Shortened Version, v.2)

In an average week, how often do you:

1. Not feel well enough to shop or cook?	Every day (0)	More than 2 times a week (1)	2 or fewer times a week (2)	Never (3)
2. Eat fewer than 2 meals per day?	Every day (0)	More than 2 times a week (1)	2 or fewer times a week (2)	Never (3)
3. Eat less than 3 oz per day (see sizes below) of high-protein foods such as poultry, meat, fish, or tofu; 1 oz of nuts; or 1½ cups of beans? 3 oz meat, chicken, or fish is the size of a deck of cards or ONE of the following: 1 regular hamburger, 1 chicken thigh or leg, 1 medium filet of fish, a small porkchop, or a small handful of nuts.	Every day (0)	More than 2 times a week (1)	2 or fewer times a week (2)	Never (3)
4. Consume less than 2 servings of a calcium-rich food such as milk, yogurt, cheese, or calcium-fortified soy, rice, or almond milk? 1 Serving = 1 cup milk or yogurt; 2 oz cheese.	Every day (0)	More than 2 times a week (1)	2 or fewer times a week (2)	Never (3)
5. Eat 3 or more servings of vegetables per day? (<i>Do not include potatoes and corn as vegetables.</i>) 1 Serving = ½ cup cooked vegetables or 1 cup leafy raw vegetables. <i>½ cup is the size of a lightbulb and 1 cup is the size of a baseball.</i>	Every day (3)	More than 3 times a week (2)	3 or fewer times a week (1)	Never (0)
6. Eat 2 or more servings of fruit per day? (<i>Do not include fruit juice or fruit drinks.</i>) 1 Serving = ½ cup or 1 medium fruit. <i>½ cup is the size of a lightbulb.</i>	Every day (3)	More than 3 times a week (2)	3 or fewer times a week (1)	Never (0)
7. Eat 2 or more servings of whole grain products or high-fiber starches a day? 1 Serving = 1 slice 100% whole grain bread or crackers; 1 cup whole grain cereal like Shredded Wheat, Wheaties, or oatmeal; ½ cup brown rice, whole wheat pasta, boiled or baked potatoes, yucca, yams, or plantain. <i>½ cup is the size of a lightbulb.</i>	Every day (3)	More than 3 times a week (2)	3 or fewer times a week (1)	Never (0)
8. Eat fish, shellfish, or other seafood?	Every day (3)	More than 3 times a week (2)	3 or fewer times a week (1)	Never (0)
9. Eat beans, peas, lentils, or other legumes?	Every day (3)	More than 3 times a week (2)	3 or fewer times a week (1)	Never (0)
10. Eat tree nuts, peanuts, or nut butters?	Every day (3)	More than 3 times a week (2)	3 or fewer times a week (1)	Never (0)
11. Use olive oil, peanut oil, or other vegetable oils?	Every day (3)	More than 3 times a week (2)	3 or fewer times a week (1)	Never (0)

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12. Eat high-fat meats such as hamburger, ribs, steak, lamb chops, chicken or turkey wings, hot dogs, or cold cuts such as bologna and salami?	Every day (0)	More than 3 times a week (1)	3 or fewer times a week (2)	Never (3)
13. Eat more than 1 tablespoon of cooking or table fats that are solid at room temperature, such as butter, stick margarine, bacon fat, or vegetable shortening (like Crisco)? <i>1 tablespoon is the size of a poker chip.</i>	Every day (0)	More than 3 times a week (1)	3 or fewer times a week (2)	Never (3)
14. Drink 12 oz or more of non-diet soda, fruit drink/punch, fruit juice, or Kool-Aid per day? <i>1 can of soda = 12 oz.</i>	Every day (0)	More than 3 times a week (1)	3 or fewer times a week (2)	Never (3)
15. Eat sweets like cake, cookies, pastries, donuts, toaster pastries, muffins, chocolate, and candies?	Every day (0)	More than 3 times a week (1)	3 or fewer times a week (2)	Never (3)
16. Eat packaged snack foods such as chips, salted pretzels, or pizza bites?	Every day (0)	More than 3 times a week (1)	3 or fewer times a week (2)	Never (3)
17. Eat meals from restaurants, take-out places, convenience stores, or entertainment venues?	Every day (0)	More than 3 times a week (1)	3 or fewer times a week (2)	Never (3)
18. Prepare meals at home from basic ingredients such as fresh or frozen vegetables, uncooked poultry, pasta, or beans?	Every day (3)	More than 3 times a week (2)	3 or fewer times a week (1)	Never (0)
19. Have more than 1 alcoholic drink per day (women) or 2 alcoholic drinks per day (men)? 1 Drink = 5 fluid oz of wine; 12 fluid oz of beer; 1½ oz of hard liquor such as vodka, whiskey, gin.	Every day (0)	More than 3 times a week (1)	3 or fewer times a week (2)	Never (3)
20. Walk for at least 1 mile (about 2,000 steps) or exercise for at least 15 minutes?	Every day (3)	More than 3 times a week (2)	3 or fewer times a week (1)	Never (0)
21. How interested are you in making changes to your eating or physical activity habits to be healthier?	Very interested	Interested	Disinterested	Very disinterested

SCORING: The highest possible score for REAP-S v.2 is 60 points. Although higher numbers generally represent healthier habits, a given person might be high in one subscale and low in another. Therefore, we encourage clinicians to focus on subscale scores and perhaps individual scale items rather than a total score for the REAP-S v.2 screener. We also recommend clinicians provide patient education for those specific areas where the person has low or lower scores (and possibly praise the patient for good habits too!).

Section	Patient's score	Action	
		Investigate/discuss	Encourage/commend
Food sufficiency/food insufficiency		8 or lower	Greater than 8
Healthy eating pattern		14 or lower	Greater than 14
Low nutrient density foods		16 or lower	Greater than 16
Exercise		1 or lower	Greater than 1
Readiness to change		Disinterested/very disinterested	Very interested/interested