

Mediterranean Eating Pattern for Americans (MEPA) III Questionnaire

Answer the following questions about how often you eat foods or drink beverages each day, each week, or each month. Write the number (whole numbers only) of servings in the box below that corresponds to the number of times you eat that food either in a day, a week, or a month. The amount of food for one serving is listed in parentheses after each question. If you do not eat that food, put a “0” in any box below the day, week, or month option.

For example, let’s say you eat ½ cup of blueberries twice a week.
You would complete the frequency column as shown to the right.

Day	Week	Month
<input style="width: 40px; height: 20px;" type="text"/>	<input style="width: 40px; height: 20px; border: 1px solid black;" type="text" value="2"/>	<input style="width: 40px; height: 20px;" type="text"/>

Foods

Frequency

Vegetables

1. How many servings of dark leafy green vegetables (e.g., spinach, kale, mustard greens, collard greens, arugula) do you eat? (serving = 1 cup raw leafy vegetables, ½ cup cooked leafy vegetables)

Day	Week	Month
<input style="width: 40px; height: 20px;" type="text"/>	<input style="width: 40px; height: 20px;" type="text"/>	<input style="width: 40px; height: 20px;" type="text"/>

2. How many servings of these types of vegetables (e.g., zucchini, onion, cauliflower, tomatoes, pepper, broccoli, string beans, mushroom, asparagus, vegetable juice) do you eat? (serving = ½ cup vegetables, 4 oz juice)

Day	Week	Month
<input style="width: 40px; height: 20px;" type="text"/>	<input style="width: 40px; height: 20px;" type="text"/>	<input style="width: 40px; height: 20px;" type="text"/>

3. How many servings of these types of starchy vegetables do you eat? (serving = ½ cup vegetables)

Day	Week	Month
<input style="width: 40px; height: 20px;" type="text"/>	<input style="width: 40px; height: 20px;" type="text"/>	<input style="width: 40px; height: 20px;" type="text"/>

a. Peas, corn, non-fried white/sweet potatoes, squash (acorn, butternut)

Day	Week	Month
<input style="width: 40px; height: 20px;" type="text"/>	<input style="width: 40px; height: 20px;" type="text"/>	<input style="width: 40px; height: 20px;" type="text"/>

b. Fried potatoes (French fries, sweet potato fries, hash browns)

Nuts and Seeds

4. How many servings of peanuts or peanut butter do you eat? (serving = ¼ cup peanuts, 2 Tablespoons peanut butter)

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

5. How many servings of other nuts, other nut butters, and seeds (e.g. walnuts, almonds, almond butter, sunflower seeds) do you eat? (serving = ¼ cup nuts/seed, 2 Table spoons nut butter)

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

Fruits

6. How many servings of avocado do you eat? (serving = ¼ avocado, 2 Tablespoons guacamole)

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

7. How many servings of berries (e.g. blueberries, raspberries, strawberries, cherries, cranberries) do you eat? Do not include juices. (serving = ½ cup)

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

8. How many servings of other types of fruit, not including berries (e.g., apples, oranges, watermelon, peaches, 100% fruit juice), do you eat? (serving = 1 medium fruit, ½ cup fruit, or 4 oz juice)

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

Fats and Oils

9. How many servings of these oils (including that used on salads and in cooking) do you eat? (serving = 1 Tablespoon)

a. Olive oil

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

b. Coconut oil, MCT oil

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

c. Other Vegetable oils, regular salad dressings or mayonnaise

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

10. How many servings of butter, or cream (e.g. whipping cream, half & half) do you eat?

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

Meats, Poultry, Fish

11. How many servings of red meat, ground beef, pork, and processed/Luncheon meats (e.g., bacon, sausage, turkey deli meat) do you eat? (serving = 3 oz, 3 strips, or 3 slices)

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

12. How many servings of poultry (e.g., chicken, turkey, duck) do you eat? (serving = 3 oz)

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

13. How many servings of fish (e.g. tuna, salmon, tilapia, shellfish) do you eat? Do not include fried fish. (serving = 3 oz cooked fish)

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

Dairy

14. How many servings of milk (low-fat or full-fat) or yogurt (low-fat or full-fat) do you eat? (serving = 1 cup?)

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

15. How many servings of full-fat cheese (e.g. cheddar, mozzarella, cream cheese, ricotta cheese, cottage cheese, parmesan) do you eat? Do not include low-fat versions. (serving = 1.5 oz cheese, 1 Tablespoon cream cheese, or ¼ cup cottage cheese)

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

Beans and Grains

16. How many servings of beans (e.g. pinto beans, black beans, lentils, garbanzo beans (chickpeas), hummus, soy, edamame, tofu) do you eat? (serving = ½ cup)

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

17. How many servings of whole grain breads, pasta, or cereal (e.g., plain popcorn, quinoa, brown rice, old-fashioned or steel-cut oats) do you eat? (serving = 1 slice bread, ½ cup cooked grains or oats, or 1 cup dry cereal)

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

Desserts, Convenience, and Fast Foods

18. How many servings of pastries, cookies, cakes, candy bars, or frozen desserts (ice cream) do you eat?
(serving = 1 cookie/pastry, 1 regular chocolate bar, ½ cup ice cream)

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

19. How many times do you eat food from a fast food restaurant (e.g., McDonald's, Pizza Hut, Kentucky Fried Chicken, Taco Bell, Panda Express)?

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

20. How often do you eat pre-prepared or pre-packaged boxed, canned, or frozen meals or snacks (e.g., potato/tortilla chips, microwave popcorn, boxed macaroni and cheese, refined grain pastas or breakfast cereals (both hot and cold), granola or cereal bars)?

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

Beverages

21. How many servings of sugar-sweetened beverages (e.g., sweetened coffee, lattes, tea, Gatorade, sodas, Kool-Aid, lemonade, hot chocolate, mochas) do you drink? (1 serving = 12 oz)

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

22. How many servings of unsweetened beverages (e.g. water, sparkling water, unsweetened tea or coffee) do you drink? **Do not include diet soda.** (1 serving = 12 oz)

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>

23. How many servings of alcohol do you drink? (1 serving = 5 oz wine, 12 oz beer, 1.5 oz hard liquor)

Day	Week	Month
<input type="text"/>	<input type="text"/>	<input type="text"/>