

Mediterranean Eating Pattern for Americans (MEPA) Questionnaire

Answer the following questions about how often you eat foods or drink beverages each day or each week. 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 or week. 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 or week 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
	2

Behavior

Frequency

1. How many servings of olive oil do you eat (including that used in salad dressings and cooking)?
(1 Tablespoon)

Day	Week

2. How many servings of green leafy vegetables do you eat such as spinach, kale, greens, romaine?
(1 cup for raw leafy vegetables, ½ cup for cooked leafy vegetables)

Day	Week

3. How many servings of other types of vegetables do you eat? (½ cup)

Day	Week

4. How many servings of berries (e.g., blueberries, raspberries, strawberries) do you eat? (½ cup)

Day	Week

5. How many servings of fruit, not including berries, do you eat? (½ cup)

Day	Week

6. How many servings of red meat, hamburger, bacon or sausage do you eat? (3 ounces)

Day	Week

7. How many servings of fish (not fried) do you eat? (3 ounces)

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

8. How many servings of chicken (not fried) do you eat? (3 ounces)

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

9. How many servings of *full fat or regular* cheese or cream cheese do you eat? (1 ounce)

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

10. How many servings of butter or cream (whipping cream or half & half) do you eat? (1 Tablespoon)

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

11. How many servings of beans (pinto and black beans, lentils, soy such as edamame and tofu) do you eat?
(½ cup)

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

12. How often do you eat breads, pasta, or cereals that are whole grain? (1 slice bread, ¾ cup pasta/cereal)

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

13. How often do you eat commercial sweets, candy bars, pastries, cookies or cakes? (1 cookie, pastry)

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

14. How many servings of nuts do you eat? (¼ cup)

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

15. How many times do you eat food from a fast food restaurant such as McDonald's, Burger King, Denny's, Domino's, Popeye's, or Kentucky-Fried Chicken?

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

16. How many servings of alcohol do you drink? (5 ounces wine, 12 ounces beer, 1 ounce hard liquor)

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