

The Mini-EAT (Eating Assessment Tool) is a quick and simple dietary screener comprised of the following 9 questions aimed to assess your food intake:

- 1) How often do you eat fresh fruits?
 - ☐ I do not eat it at all
 - ☐ Less than 1 serving per week
 - ☐ 1-2 servings per week
 - ☐ 3-4 servings per week
 - ☐ 5-6 servings per week
 - ☐ 1 serving per day
 - ☐ 2-3 servings per day
 - ☐ 4-5 servings per day
 - ☐ 6 or more servings per day

Examples:
Apples, bananas, pears, oranges, grapes, strawberries, blueberries, etc.
Include fresh fruits and frozen fruits with no added sugar.
Please do not include preserved or dried fruits or fruit juice in your estimates.

[One serving equals: 1 small apple or ½ large banana (approximately 1cup, size of a small fist); ½ cup mandarin oranges, melon or raspberries; ¼ cup blueberries; 1½ cup whole strawberries]
- 2) How often do you eat vegetables?
 - ☐ I do not eat it at all
 - ☐ Less than 1 serving per week
 - ☐ 1-2 servings per week
 - ☐ 3-4 servings per week
 - ☐ 5-6 servings per week
 - ☐ 1 serving per day
 - ☐ 2-3 servings per day
 - ☐ 4-5 servings per day
 - ☐ 6 or more servings per day

Examples:
Tomatoes, peppers, cucumbers, broccoli, carrots, green beans, cabbage, spinach, arugula and other leafy vegetables.
Include raw or cooked non-starchy vegetables.
Please do not include starchy vegetables (such as potatoes) and fried vegetables in your estimates.

[One serving equals: 1 cup raw vegetables (e.g. tomatoes, baby carrots, celery, green peas); ½ cup cooked vegetables (such as broccoli and spinach); 1 cup arugula]
- 3) How often do you eat legumes, nuts, and seeds?
 - ☐ I do not eat it at all
 - ☐ Less than 1 serving per week
 - ☐ 1-2 servings per week
 - ☐ 3-4 servings per week
 - ☐ 5-6 servings per week
 - ☐ 1 serving per day
 - ☐ 2-3 servings per day
 - ☐ 4-5 servings per day
 - ☐ 6 or more servings per day

Examples:
Legumes - cooked or canned beans, lentils, chickpeas or peas; miso, tofu, tempeh, hummus
Nuts - almonds, walnuts, hazelnuts, peanuts, etc.
Seeds - sesame, sunflower, pumpkin, flax seeds, etc.

[One serving equals: ½ cup of cooked or canned legumes; ½ hummus or bean dip; ½ cup tofu; ¼ cup tempeh; a small handful of nuts or seeds]
- 4) How often do you eat fish or seafood?
 - ☐ I do not eat it at all
 - ☐ Less than 1 serving per week
 - ☐ 1-2 servings per week
 - ☐ 3-4 servings per week
 - ☐ 5-6 servings per week
 - ☐ 1 serving per day
 - ☐ 2-3 servings per day
 - ☐ 4-5 servings per day
 - ☐ 6 or more servings per day

Examples:
Fresh water fish or sea water fish (e.g. salmon, sardines, trout, Atlantic, Pacific mackerel etc.) and seafood.
Include canned fish/seafood in your estimates.

[One serving equals: 3 oz. of cooked or canned fish (about the size of a deck of cards); a palm-size piece of raw fish]
- 5) How often do you eat whole grains?
 - ☐ I do not eat it at all
 - ☐ Less than 1 serving per week
 - ☐ 1-2 servings per week
 - ☐ 3-4 servings per week
 - ☐ 5-6 servings per week
 - ☐ 1 serving per day
 - ☐ 2-3 servings per day
 - ☐ 4-5 servings per day
 - ☐ 6 or more servings per day

Examples:
Whole grain bread, whole grain bread roll, muesli, unsweetened ready to eat cereal, cooked grits/porridge, brown rice, whole grain pasta, corn tortilla.
Please do not include white bread, white roll or bagels; white rice or pasta; or wheat tortilla in your estimates.

[One serving equals: 1 slice of whole grain bread; ½ cup cooked cereal (oats, oatmeal, quinoa); ½ cup cooked brown rice or whole grain pasta; 1 small corn tortilla; ½ cup cooked grits; 1 cup ready-to-eat cereal flakes]
- 6) How often do you eat refined grains?
 - ☐ I do not eat it at all
 - ☐ Less than 1 serving per week
 - ☐ 1-2 servings per week
 - ☐ 3-4 servings per week
 - ☐ 5-6 servings per week
 - ☐ 1 serving per day
 - ☐ 2-3 servings per day
 - ☐ 4-5 servings per day
 - ☐ 6 or more servings per day

Examples:
White bread; white roll, bagel or English muffin; white rice or pasta, wheat tortilla.
Please do not include whole grains considered in the above question (such as whole grain bread or bread roll).

[One serving equals: 1 slice white bread; ½ roll; ½ small white bagel or English muffin; ½ cup cooked white rice or pasta; 1 small wheat tortilla]
- 7) How often do you eat low-fat dairy?
 - ☐ I do not eat it at all
 - ☐ Less than 1 serving per week
 - ☐ 1-2 servings per week
 - ☐ 3-4 servings per week
 - ☐ 5-6 servings per week
 - ☐ 1 serving per day
 - ☐ 2-3 servings per day
 - ☐ 4-5 servings per day
 - ☐ 6 or more servings per day

Examples:
Low-fat milk (1%) or fat-free (skim) milk or soy milk; yogurt with reduced fat content; low fat cheese, mozzarella, cottage cheese.

[One serving equals: 1 cup low fat or skim milk; ¾ cup (6oz.) yogurt; low fat, 1 pre-packaged slice low fat cheese; 1½ oz. mozzarella]
- 8) How often do you eat high-fat dairy and saturated fats?
 - ☐ I do not eat it at all
 - ☐ Less than 1 serving per week
 - ☐ 1-2 servings per week
 - ☐ 3-4 servings per week
 - ☐ 5-6 servings per week
 - ☐ 1 serving per day
 - ☐ 2-3 servings per day
 - ☐ 4-5 servings per day
 - ☐ 6 or more servings per day

Examples:
2% milk or whole milk; butter; cream; cream cheese; cheese with not reduced-fat content; yogurt with 2% or higher milk fat; ice cream.
Butter, coconut oil or shortening used for cooking.
Please do not include low fat dairy in the above question in your estimates.

[One serving equals: 1 cup 2% milk and whole milk; ¾ cup (6 oz.) yogurt; 1 pre-packaged slice of cheese; 2 oz. processed cheese; 1/2 cup ice cream; 1 teaspoon butter, shortening or coconut oil]
- 9) How often do you eat sweets and sweet foods?
 - ☐ I do not eat it at all
 - ☐ Less than 1 serving per week
 - ☐ 1-2 servings per week
 - ☐ 3-4 servings per week
 - ☐ 5-6 servings per week
 - ☐ 1 serving per day
 - ☐ 2-3 servings per day
 - ☐ 4-5 servings per day
 - ☐ 6 or more servings per day

Examples:
Commercial sweets, candies, cookies, cakes, pastries, sweet snacks.

[One serving equals: 1.5 oz. gummi candy (e.g. Haribo); 3 pcs hard candy (e.g. Werther's); 1 small piece of cake or pastry; 1 medium doughnut or sweet snack; 2-3 sweet biscuits or cookies (about 1 oz.)]