

Study Orientation for Non Sub Study Participants

Telephone 24-hour Dietary Recall and Duplicate Salt Collection

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“Over the next 11 days we need to talk to you over the telephone 4 times to ask you to report everything you ate and drank the previous day and all dietary supplements and non-prescription antacids you may have taken. Each telephone call will take about 30 minutes. The day before the telephone call we’ll need you to collect samples of all the salt you add to food in cooking at home and at the table- like salt from a salt shaker you may add to your food. One of the days must be a weekend day; the other three will be weekdays. You’ll receive \$10 for each completed duplicate salt collection and telephone interview, which is \$40 total for completing all 4 days..”

Salt Collection Instructions

“First let’s talk about the salt collection you’ll need to do. On each of the four days we will schedule for salt collection you’ll need to use the salt collection kit we are providing you with. On each of these days we want you to collect duplicate samples of all the salt you add to food at the table. Also, all salt added in preparing foods at home that day needs to be collected.”

*“Here is what is in the kit and what you’ll need to do [OPEN THE COLLECTION KIT]. For collecting duplicate samples of the salt you add to your food **at the table** each day a single plastic bag with a neon label is provided. [SHOW PARTICIPANT THE ‘TABLE SALT’ PLASTIC BAG]. Each time you shake salt onto a food at the table, shake the same amount into the plastic bag. Do this throughout the day and wherever you add salt to food including at work and restaurants. On the bag is a spot for providing information about the type of salt in the salt shaker you use at home. Please be sure to fill in this information. If you did not add salt to your food at the table on your collection day please check the box ‘I did not add salt at the table today’.”*

*“For collecting duplicate samples of all the salt added to food in **home cooking** on the day the collection is to be done there are several plastic bags in the collection kit. For each food prepared with salt added, put the same amount of salt added to the food in the plastic bag. On the plastic bag is a label where you need to provide some information such as a description of the food the salt was added to in preparation, the date, and the type of salt used. If someone else in your home is preparing a food that includes salt, make sure they do this collection or you do it with them.”*

“We have a couple tips for you. First, please make sure the plastic bag is completely sealed shut after you have collected the duplicate salt sample. Second, remember to take the table salt collection bag with you wherever you go so that you’re able to collect duplicate samples of salt added at the table at work, restaurants, and other places you may eat away from home.”

“A postage paid preaddressed envelope is provided with each kit for returning the salt samples to us. Please send the samples to us within a day or two after the final telephone interview we conduct with you the day after you have collected the final salt samples. We cannot begin to process your payment until we have received these samples so be sure to return them promptly.”

Food Record Form and Instructions (4 each)

“On each of the four days you are collecting salt we need you to write down everything you eat and drink from midnight to midnight that day. You don’t need to record how much you eat. You’ll be asked that during the telephone interview.”

“This record does not get turned in to the study. We’re asking you to complete it because it will help you remember what you ate when it comes time for the telephone recall.” [SHOW PARTICIPANT FOOD RECORD FORM AND FOOD RECORD FORM INSTRUCTION WITH THE EXAMPLES.]

“You’ll see that we want you to write in the total amount of food made for any food you ate that was prepared at home with salt added in preparation. For example, if you or another family member made a batch of banana nut muffins that included salt in the recipe, we’d like you to describe the total amount made (e.g. made 1 dozen muffins). Write in the amount in whatever way it makes sense for a food. For example, 3 cups of salsa.”

“Be sure to have this record by the phone when it is time for your scheduled dietary recall.”

“Do you have any questions about the food record form?”

Telephone Interview Instructions

“Now let’s talk about the telephone interviews we will schedule. During the interview you’ll be asked to report everything you ate and drank the previous day. To help you in reporting the amount of foods eaten you will need to have this Food Amount Booklet with you for the call [SHOW PARTICIPANT THE BOOKLET]. You’ll also be asked some questions about the duplicate salt samples you collected the previous day, so have those with you also for the call. Finally, you’ll be asked about any dietary supplements and non-prescription antacids you may have taken the day before the call. We’d like you to have the bottles and containers for any of these products with you during the call since the interviewer may ask you some questions about the product that is found on the label.”

“Do you have any questions about the telephone interviews at this time? If you think of a question later feel free to call the number included in the instruction sheet in your information packet [POINT OUT THE INSTRUCTION SHEET]”. Also, if you need to reschedule the telephone call please let us know as soon as possible. We need to have each telephone interview done the day after you have collected the salt samples. So, if you need to change the date of the telephone interview we’ll also need to change the day you’re scheduled to collect salt

samples. If you forget to collect the samples please call this number also to reschedule your telephone interview."

"Great. Now let's schedule the dates and times for the salt collections and telephone interviews."

[DISPLAY CALENDAR SO THAT PARTICIPANT CAN SEE THE POSSIBLE DATES OVER THE NEXT 11 DAYS. **ONE OF THE DAYS SCHEDULED FOR SALT COLLECTION MUST BE A WEEKEND DAY AND THREE MUST BE WEEKDAYS.** RECORD THE DATES AND TIMES CHOSEN ON THE CALENDAR AND GIVE THE CALENDAR TO THE PARTICIPANT.]

[SHOW THE PREASSEMBLED SALT COLLECTION KIT FOR THE PARTICIPANT AND WRITE IN THE SCHEDULED SALT COLLECTION DATE ON THE NEON LABEL FOR EACH TABLE SALT COLLECTION BAG]