**Attachment E**

**Food and Bathing Log**

**Directions**

* Attached is the log you will be using to track certain foods you eat and beverages you drink for the three (3) days before you collect your urine specimen. You will also use this to track your bathing activities during these 3 days.

* Please write the date in the date box at the top each of the pages.

* Complete the Food and Bathing Log as described on the pages.

* After the Food and Bathing Log has been completed, place it in the plastic bag provided to you and seal it.

* Return the Food and Bathing Log to investigation staff with your well water and urine specimens.

* Investigation staff will be looking to see whether there is any association between your urine test results and the foods you eat/beverages you drink.

* **Remember**:
  + Do not eat any fish or shellfish during the three (3) days before you collect your urine specimen. If you accidentally forget and eat some, please record it on your checklist.
  + You will collect your urine on the morning of Day 4.

**But wait! I have questions!**

Please contact <*state contact*> with questions.

Day 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(enter date)

Form Approved

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Check the box if you ate any of that food today. Write approximately how many ounces you ate next to it (the total amount for all meals/snacks during the day). For example, *1/2c = 4oz, 1c = 8oz, portion the size of deck of cards = 3oz, 1 tablespoon = 0.5oz.*

White rice \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

Brown rice \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

Rice crackers \_\_\_\_\_\_\_\_\_\_\_\_ *(# crackers)*

Rice cakes \_\_\_\_\_\_\_\_\_\_\_\_ *(# cakes)*

Rice bread \_\_\_\_\_\_\_\_\_\_\_\_ *(# slices)*

Rice noodles \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

Rice wine vinegar \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

Mushrooms \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

Canned/packaged tuna fish \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

Freshwater or marine fish \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

Shellfish \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

Smelts \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

Seaweed \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

Nuts/seeds \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

Potatoes (any type except sweet potatoes) \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

Sweet potatoes \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

Parsnips \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

Turnips \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

Products with brown rice derivatives *(like brown rice syrup which is an ingredient in some granola bars, energy bars, and energy gels)* \_\_\_\_\_\_\_\_\_\_\_\_ *(food & amount)*, \_\_\_\_\_\_\_\_\_\_\_\_ *(food & amount),* \_\_\_\_\_\_\_\_\_\_\_\_ *(food & amount),* \_\_\_\_\_\_\_\_\_\_\_\_ *(food & amount)*

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Check the box if you drank that beverage today. Write approximately how many ounces you drank next to it (the total amount for all meals/snacks during the day). Ex. *4oz = 1/2c, 8oz = 1c.*

Tap water \_\_\_\_\_\_\_\_\_\_\_\_ *cups*

Bottled water \_\_\_\_\_\_\_\_\_\_\_\_ *cups*

Mineral water \_\_\_\_\_\_\_\_\_\_\_\_ *cups*

Rice milk \_\_\_\_\_\_\_\_\_\_\_\_ *cups*

Other rice beverages \_\_\_\_\_\_ cups

Apple juice \_\_\_\_\_\_\_\_\_\_ cups

Grape juice \_\_\_\_\_\_\_\_\_ cups

Tea \_\_\_\_\_\_\_\_\_\_ cups

Coffee \_\_\_\_\_\_\_\_\_\_cups

Please record the information about any baths or showers you took today.

**Shower or Bath (Circle one) Minutes Time of day (Circle am or pm)**

Shower or bath \_\_\_\_\_\_\_ \_\_\_\_\_ am

Shower or bath \_\_\_\_\_\_\_ \_\_\_\_\_ am

Shower or bath \_\_\_\_\_\_\_ \_\_\_\_\_ am

Day 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(enter date)

Check the box if you ate any of that food today. Write approximately how many ounces you ate next to it (the total amount for all meals/snacks during the day). For example, *1/2c = 4oz, 1c = 8oz, portion the size of deck of cards = 3oz, 1 tablespoon = 0.5oz.*

 White rice \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Brown rice \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Rice crackers \_\_\_\_\_\_\_\_\_\_\_\_ *(# crackers)*

 Rice cakes \_\_\_\_\_\_\_\_\_\_\_\_ *(# cakes)*

 Rice bread \_\_\_\_\_\_\_\_\_\_\_\_ *(# slices)*

 Rice noodles \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Rice wine vinegar \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Mushrooms \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Canned/packaged tuna fish \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Freshwater or marine fish \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Shellfish \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Smelts \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Seaweed \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Nuts/seeds \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Potatoes (any type except sweet potatoes) \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Sweet potatoes \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Parsnips \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Turnips \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Products with brown rice derivatives *(like brown rice syrup which is an ingredient in some granola bars, energy bars, and energy gels)* \_\_\_\_\_\_\_\_\_\_\_\_ *(food & amount)*, \_\_\_\_\_\_\_\_\_\_\_\_ *(food & amount),* \_\_\_\_\_\_\_\_\_\_\_\_ *(food & amount),* \_\_\_\_\_\_\_\_\_\_\_\_ *(food*  *& amount)*

Check the box if you drank that beverage today. Write approximately how many ounces you drank next to it (the total amount for all meals/snacks during the day). Ex. *4oz = 1/2c, 8oz = 1c.*

 Tap water \_\_\_\_\_\_\_\_\_\_\_\_ cups

 Bottled water \_\_\_\_\_\_\_\_\_\_\_\_ cups

 Mineral water \_\_\_\_\_\_\_\_\_\_\_\_ cups

 Rice milk \_\_\_\_\_\_\_\_\_\_\_\_ cups

 Other rice beverages \_\_\_\_\_\_ cups

 Apple juice \_\_\_\_\_\_\_\_\_\_ cups

 Grape juice \_\_\_\_\_\_\_\_\_ cups

 Tea \_\_\_\_\_\_\_\_\_\_ cups

 Coffee \_\_\_\_\_\_\_\_\_\_cups

Please record the information about any baths or showers you took today.

**Shower or Bath (Circle one) Minutes Time of day (Circle am or pm)**

Shower or bath \_\_\_\_\_\_\_ \_\_\_\_\_ am

Shower or bath \_\_\_\_\_\_\_ \_\_\_\_\_ am

Shower or bath \_\_\_\_\_\_\_ \_\_\_\_\_ am

Day 3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(enter date)

Check the box if you ate any of that food today. Write approximately how many ounces you ate next to it (the total amount for all meals/snacks during the day). For example, *1/2c = 4oz, 1c = 8oz, portion the size of deck of cards = 3oz, 1 tablespoon = 0.5oz.*

 White rice \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Brown rice \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Rice crackers \_\_\_\_\_\_\_\_\_\_\_\_ *(# crackers)*

 Rice cakes \_\_\_\_\_\_\_\_\_\_\_\_ *(# cakes)*

 Rice bread \_\_\_\_\_\_\_\_\_\_\_\_ *(# slices)*

 Rice noodles \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Rice wine vinegar \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Mushrooms \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Canned/packaged tuna fish \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Freshwater or marine fish \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Shellfish \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Smelts \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Seaweed \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Nuts/seeds \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Potatoes (any type except sweet potatoes) \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Sweet potatoes \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Parsnips \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Turnips \_\_\_\_\_\_\_\_\_\_\_\_ *oz*

 Products with brown rice derivatives *(like brown rice syrup which is an ingredient in some granola bars, energy bars, and energy gels)* \_\_\_\_\_\_\_\_\_\_\_\_ *(food & amount)*, \_\_\_\_\_\_\_\_\_\_\_\_ *(food & amount),* \_\_\_\_\_\_\_\_\_\_\_\_ *(food & amount),* \_\_\_\_\_\_\_\_\_\_\_\_ *(food*

*& amount)*

Check the box if you drank that beverage today. Write approximately how many ounces you drank next to it (the total amount for all meals/snacks during the day). Ex. *4oz = 1/2c, 8oz = 1c.*

 Tap water \_\_\_\_\_\_\_\_\_\_\_\_ cups

 Bottled water \_\_\_\_\_\_\_\_\_\_\_\_ cups

 Mineral water \_\_\_\_\_\_\_\_\_\_\_\_ cups

 Rice milk \_\_\_\_\_\_\_\_\_\_\_\_ cups

 Other rice beverages \_\_\_\_\_\_ cups

 Apple juice \_\_\_\_\_\_\_\_\_\_ cups

 Grape juice \_\_\_\_\_\_\_\_\_ cups

 Tea \_\_\_\_\_\_\_\_\_\_ cups

 Coffee \_\_\_\_\_\_\_\_\_\_cups

Please record the information about any baths or showers you took today.

**Shower or Bath (Circle one) Minutes Time of day (Circle am or pm)**

Shower or bath \_\_\_\_\_\_\_ \_\_\_\_\_ am

Shower or bath \_\_\_\_\_\_\_ \_\_\_\_\_ am

Shower or bath \_\_\_\_\_\_\_ \_\_\_\_\_ am