

Attachment E
Food and Bathing Log

Food and Bathing Log
Exposure to Arsenic and Uranium in Private Well Water in Connecticut, New Mexico, and New
Hampshire

Participant ID: _____ Participant Name: _____

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.

Food and Bathing Log
Exposure to Arsenic and Uranium in Private Well Water in Connecticut, New Mexico, and New Hampshire

Participant ID: _____ Participant Name: _____

Day 1: _____ (enter date)

Form Approved
OMB No. 0920-1173
Exp. Date 03/31/2020

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/package 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)

CDC estimates the average public reporting burden for this collection of information as 5 minutes per response, including the time for reviewing instructions, searching existing data/information sources, gathering and maintaining the data/information needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Information Collection Review Office, 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333; ATTN: PRA (0920-1173).

Food and Bathing Log
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Participant ID: _____ Participant Name: _____

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

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Participant ID: _____ Participant Name: _____

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/packageged 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

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Participant ID: _____ Participant Name: _____

- 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

Food and Bathing Log

Exposure to Arsenic and Uranium in Private Well Water in Connecticut, New Mexico, and New Hampshire

Participant ID: _____ Participant Name: _____

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/packageged 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

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Participant ID: _____ Participant Name: _____

- 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