

Attachment 3h

Dietary Interview Hand Cards: Dietary Recall (DRQ) and Dietary Supplements (SAQ)

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Dietary Recall (DRQ) Hand Cards

DRQ1

Fish

Breaded fish
products

Tuna-canned or
fresh

Bass

Catfish

Cod

Flatfish

Haddock

Mackerel

Perch

Pike

Pollock

Porgy

Salmon

Sardines

Sea Bass

Shark

Swordfish

Trout

Walleye

Other type of fish

DRQ2

Shellfish

Clams

Crab

Crayfish (Crawfish)

Lobster

Mussels

Oysters

Scallops

Shrimp

Other shellfish (for example, octopus, squid)

Dietary Supplements (SAQ) Hand Cards

SAQ1

VITAMINS MINERALS	Calcium Iron Zinc	Vitamin C Vitamin E	Calcium and Magnesium Calcium plus Vitamin D
MULTI-VITAMIN-- MULTI-MINERALS	Flintstones Tri-Vi-Flor	One a Day B-Complex	<u>Prenatals</u> Centrum
HERBALS AND BOTANICALS	Echinacea Ginkgo	Garlic Ginseng	Saw Palmetto
FIBER	Metamucil	Fibercon	<u>Benefiber</u>
AMINO ACIDS	Lysine	Methionine	Tryptophan
PROBIOTICS	Digestive Advantage Probiotic Gummies Cuturelle Kids Packet		
OTHERS	Fish Oil	Chondroitin	Glucosamine

SAQ2

EXAMPLES OF ANTACIDS

Tums

Roloids

Maalox

Mylanta