

Attachment 3h

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

TABLE OF CONTENTS

| | |
|---|---|
| Dietary Recall (DRQ) Hand Cards..... | 2 |
| Dietary Supplements (SAQ) Hand Cards..... | 5 |

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