

# ***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

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

# **SAQ2**

## **EXAMPLES OF ANTACIDS**

**Tums**

**Roloids**

**Maalox**

**Mylanta**