

Supplemental Figure 1. Dietary questionnaire

**Preliminary Dietary Assessment**

(Focusing on consumption of DHA and EPA)

- a. Do you currently follow a special diet?
- b. How long have you been following the diet you mentioned above?
- c. Do you currently take any dietary supplements? Please list them all and the frequency.

Section 1. Consumption of fish oil supplements.
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Question 1. Fish oil supplements (pills)

- a. Which kind (including brand)? \_\_\_\_\_
- b. Dose of each pill? \_\_\_\_\_
- c. How often do you take the pills (how many times per week)? \_\_\_\_\_
- d. How many pills each time? \_\_\_\_\_
- e. How long have you been taking fish oil supplements? \_\_\_\_\_

Question 2. How often do you take fish oil (liquid)?

- a. Which kind (including brand)? \_\_\_\_\_
- b. Dose per serving (from the label)? \_\_\_\_\_
- c. How often do you take oil (how many times per week)? \_\_\_\_\_
- d. How much do you take fish oil each time? \_\_\_\_\_
- e. How long have you been taking the supplements? \_\_\_\_\_

Comments:

Section 2. Consumption of fish and shellfish.
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Question 1. Have you been taking any of the following items on a WEEKLY basis in the past 6 month? Please include all ocean fish/shellfish that you eat regularly (at least on a weekly basis) in the past 6 month in this section. Use your best estimation for serving size.

Example: Tuna, canned, 3 times a week, 2 tablespoon.

Food item	Kind	Cooking method	Frequency	Serving size	How long
<u>Anchovy</u>					
<u>Bass</u>					
<u>Bluefish</u>					
<u>Cisco</u>					
<u>Cod</u>					
<u>Drum</u>					
<u>Halibut</u>					
<u>Herring</u>					
<u>Mackerel</u>					

Food item	Kind	Cooking method	Frequency	Serving size	How long
<u>Pollock</u>					
<u>Sablefish</u>					
<u>Salmon</u>					
<u>Sardine</u>					
<u>Shark</u>					
<u>Shad</u>					
<u>Smelt</u>					
<u>Swordfish</u>					
<u>Tuna</u>					
<u>Trout</u>					
<u>Whitefish</u>					
<u>Wolfish</u>					
<u>Caviar</u>					

Food item	Kind	Cooking method	Frequency	Serving size	How long
Roe					
Crab					
Lobster					
Mussel					
Oyster					
Shrimp					
Squid					

Section 3: Consumption of omega-3 fortified foods.

Question 1: Have you been taking any omega-3 fortified foods on a WEEKLY basis in the past 6 months? Please include them all in this section.

Food item	type of ω-3 FA	Frequency	Serving size	How long

Comments: