

Clinical Omega-3 Dietary Survey

How many times have you eaten fish or shellfish in the past week?

- 0 times
 1-3 times
 More than 3 times

Over the past 3 months, about how often have you eaten fish or shellfish in any form?

- Never
 _____ times per *(please circle)* Day/Week/Month

Each time you ate fish or shellfish, how much did you eat?

- Less than 50 g or half a fillet or less than 4 pieces/1-2 hand roll of sushi
 100 g or about 1 small fillet or 8 pieces of sushi/3 hand rolls
 150 g or 1 large fillet or 12 pieces of sushi/4 hand rolls
 200 g+ or more than 2 fillets or 16 pieces of sushi/6 hand rolls

Please mark the food(s) you eat regularly (i.e., at least once per month) over the last three (3) months and indicate:

- your average portion for **EACH** serve
- on average, how often you eat that type of food

90 g = approximately the size of your palm or a deck of cards.

Seafood

- | | | |
|----------------------------------|---------|--------------------------|
| <input type="checkbox"/> Anchovy | g | times a week/month |
| <input type="checkbox"/> Eel | g | times a week/month |
| <input type="checkbox"/> Mussel | g | times a week/month |
| <input type="checkbox"/> Oyster | g | times a week/month |
| <input type="checkbox"/> Scallop | g | times a week/month |
| <input type="checkbox"/> Prawn | g | times a week/month |
| <input type="checkbox"/> Squid | g | times a week/month |

Fish

- | | | |
|---|---------|--------------------------|
| <input type="checkbox"/> Barramundi | g | times a week/month |
| <input type="checkbox"/> Bassa (Basa) | g | times a week/month |
| <input type="checkbox"/> Hoki | g | times a week/month |
| <input type="checkbox"/> Blue Eye Trevalla | g | times a week/month |
| <input type="checkbox"/> Kingfish/Trevally | g | times a week/month |
| <input type="checkbox"/> Herring | g | times a week/month |
| <input type="checkbox"/> Mackerel | g | times a week/month |
| <input type="checkbox"/> Salmon | g | times a week/month |
| <input type="checkbox"/> Sardine | g | times a week/month |
| <input type="checkbox"/> Silver perch | g | times a week/month |
| <input type="checkbox"/> Snapper | g | times a week/month |
| <input type="checkbox"/> Swordfish | g | times a week/month |
| <input type="checkbox"/> Trout | g | times a week/month |
| <input type="checkbox"/> Tuna | g | times a week/month |
| <input type="checkbox"/> Whiting | g | times a week/month |
| <input type="checkbox"/> Fish fingers | g | times a week/month |
| <input type="checkbox"/> Fish (white flesh) | g | times a week/month |

Other meats		
<input type="checkbox"/>	Bacon g times a week/month
<input type="checkbox"/>	Beef g times a week/month
<input type="checkbox"/>	Kangaroo g times a week/month
<input type="checkbox"/>	Lamb g times a week/month
<input type="checkbox"/>	Salami g times a week/month
<input type="checkbox"/>	Pork g times a week/month
<input type="checkbox"/>	Egg (per egg) eggs times a week/month
Omega-3 Supplements		
<input type="checkbox"/>	Omega-3/Fish oil (please specify Brand/type/dose) g/caps/TBS
.....	 times a day/week

Figure S1: Clinical Omega-3 Dietary Survey (CODS)

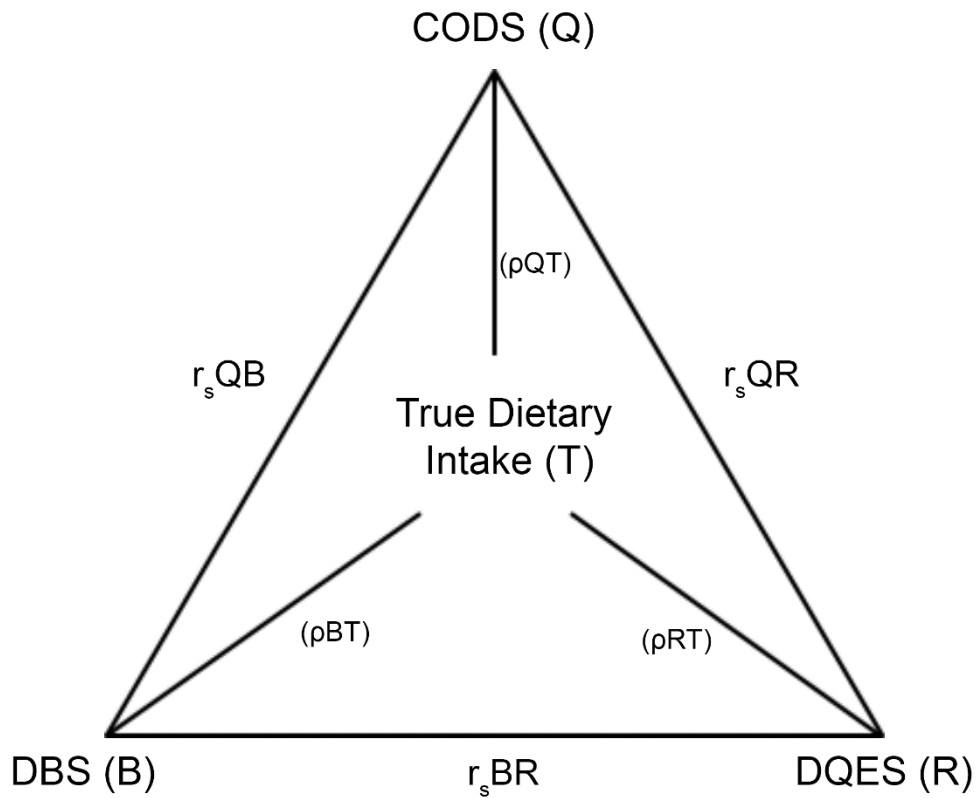


Figure S2: Diagram adapted from Ocke & Kaaks, to describe the ‘method of triads’ [43] used to estimate the validity coefficient (ρ) for long-chain omega-3 dietary intake estimated using the questionnaire (Q), Clinical Omega-3 Dietary Survey (CODS); a reference marker (R), the Dietary Questionnaire for Epidemiology Studies (DQES) v3.2; and a biomarker (B), the dried blood spot (DBS) test. Spearman’s correlation coefficient (r_s) was used to estimate the correlation coefficient between each method. Validity coefficients (ρ) were calculated using methods as described by Ocke & Kraaks for each of the reference methods against an estimated true intake (T) [43].