

DAILY DIET RECORD FOR

Please record all food and drinks taken throughout the day. Record the times that the teeth are cleaned.

- Some food we eat may contain 'hidden sugars' for example : baked beans, tomato ketchup.
- By filling in this diet sheet we can we can assess any areas in your life that increase dental disease.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
<i>Snack</i>							
Lunch							
<i>Snack</i>							
Dinner							
<i>Snack</i>							