



## DIET RECORD

Name:

- Please make a record of all food and drink consumed on three weekdays and a weekend day. Some food items we eat contains 'hidden sugars', making a note of everything consumed (food and drink) will allow better assessment.
- Please make a note of quantities and times of any food/drink (if unsure about exact amounts then please approximate as follows i.e. a handful of grapes, a large bowl of honey nut cornflakes, a leg & breast of roast chicken.
- Also, please note the times, when teeth are brushed

	Weekday 1	Weekday 2	Weekday 3	Weekend
Breakfast & Time				
Snack & Time				
Lunch & Time				
Snack & Time				
Dinner & Time				
Brushing times				