



Diet Advice Sheet

When should you bring children to the dentist?

The information that you can provide us in completing this sheet will be extremely helpful.

- It will help us to help you
- It will help us to identify hidden sugars in your diet
- It will help us to identify hidden acids in your diet
- It will help us to suggest healthier alternatives
- It will help you to become healthier
- It will help you to have a healthier mouth

It is therefore very important that you complete this sheet as thoroughly as possible. Please complete this sheet over a three day period giving as much detail as you can, especially including any drinks and snacks between meals. Ideally we request that the sheet is filled in on Thursday, Friday and Saturday, and returned to the surgery on Monday. We will then discuss your completed diet sheet at your next visit.

Day 1

	Time	Item
Before Breakfast		
Breakfast		
Morning		
Mid-day meal		
Afternoon		
Evening meal		
Evening and Night		

Day 2

	Time	Item
Before Breakfast		
Breakfast		
Morning		
Mid-day meal		
Afternoon		
Evening meal		
Evening and Night		

Day 3

	Time	Item
Before Breakfast		
Breakfast		
Morning		
Mid-day meal		
Afternoon		
Evening meal		
Evening and Night		