Diet analysis for……..please write down all food and drink eaten. Do not do change normal eating habits just to please the dentist.

The purpose of the dietary details is to advise you how you may reduce or prevent altogether dental decay in your teeth.

Start date:

	Early morning	Mid-morning	Mid-day	Afternoon	After School	Teatime	Evening	Supper	Bedtime
Monday									
Tuesday									
Wednesday									
Friday									
Saturday									
Sunday									