my food and drinks diary



Please write down or draw everything you eat and drink over the next five days. An adult can help you do this. Make sure at least one of the days is a Saturday or Sunday.

For cold drinks, such as fizzy drinks, or fruit squash, please write down if they are low-calorie, low-sugar, no added sugar, or ordinary.

For hot drinks, please write down if sugar is added.

My name is _____

This food and drinks diary will help us to offer advice on food and drink choices to help you look after your teeth

Day 1 (day)		
Time	This is what I've had to eat or drink:	

Day 2 (day)		
Time	This is what I've had to eat or drink:	

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Day 3 (day)	
Time	This is what I've had to eat or drink:

Day 4 (day)		
Time	This is what I've had to eat or drink:	
(

Day 5 (day)		
Time	This is what I've had to eat or drink:	