

# Food diary

Dental decay (caries) can be totally eliminated by careful attention to your diet. Brushing twice a day is important but cannot reverse a high sugar diet. Please keep a record of everything you eat and drink over a three-day period, try to include at least one day at the weekend. For cold drinks, please note down if they are low-calorie, low-sugar, no added sugar, or normal. This record will help stop dental decay and reducing your child's need for dental treatment.

**Please remember to record:**

1. Everything you eat and drink during the day and night.
2. The time when you have consumed food or drink.
3. The number of teaspoons of sugar you add to cereals, hot drinks etc.

It helps if you carry the record with you and fill in the details as you go along – otherwise you are likely to forget.



**Day 1**

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Time	What have you had to eat and drink

**Day 2**

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Time	What have you had to eat and drink

**Day 3**

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Time	What have you had to eat and drink