

# Daily Diet Record



**the terrace dental practice**  
Smile, you're in good hands<sup>©</sup>

**The Terrace Dental Practice**  
61-63 Church Street, Padiham,  
Lancashire BB12 8JH

Name

Please record all food and drinks taken throughout the day. Record the times that that teeth are cleaned.

- Some food we eat may contain 'hidden sugars' for example: baked beans, tomato ketchup.
- By filling in this diet sheet we can assess any areas in your life that increase dental disease

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							