my food) and drinks diary

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

Day 1 (day)

This is what I've

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

For hot drinks, please write down if

sugar is added. My name is

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

Pa.	- 1			had to eat or drink:	
				Time	Day 2 (day)
		±		This is what I've had to eat or drink:	(day)

W SWIII	(day)	This is what I've had to eat or drink:					
	Day 5 (day)	Time					
inks diary	Day 4 (day)	This is what I've had to eat or drink:					
5	Day 4	Time					
0							
my food and drinks diary	(day)	This is what I've had to eat or drink:					
5	Day 3 (day)	Time				3.	

