

Diet Diary

Patient ID:.....

Issued by:.....

Date:



Diet diary

We would like you to keep a record of your eating pattern over a three day period (try to include a weekend).

What and when you eat or drink can greatly affect your oral (mouth) health.

Remember to record everything you eat or drink. Include the time of meal, drink or snack, and record if sugar has been added.

Please bring the completed diet diary with you to your next appointment.

Try not to alter your eating habits in any way while completing the diary.

We will discuss the findings with you and try to find ways to improve your oral health.

Contact details

You can reach the patient administrator on
0117 374 6647

Day one

Day of the week

Date

[illegible]

Day two

Day of the week

Date

[illegible]

Day three

Day of the week

Date

[illegible]

Notes

As well as providing clinical care, our School has an important role in research. This allows us to discover new and improved ways of treating patients. While under our care, you may be invited to take part in research. To find out more please visit: bristol.ac.uk/dental/research

Help us prevent the spread of infection. Please make sure your hands are clean. Wash and dry them thoroughly/use the gel provided. If you have been unwell in the last 48 hours please consider whether your visit is essential.

To access all patient leaflets and information please go to the following address:
bristol.ac.uk/dental/treatment

Smoking is the primary cause of preventable illness and premature death. For support in stopping smoking contact NHS Smokefree on **0300 123 1044**.

Drinkline is the national alcohol helpline. If you're worried about your own or someone else's drinking, you can call this free helpline in complete confidence. Drinkline on **0300 123 1110**.

Please ask at reception
if you require this
information in a different
language or format.

Contact us:

Monday to Friday,
8:30 am - 4:30pm
T: 0117 374 6647

Emergency out of hours
NHS 111