

Diet Investigation Sheet

You have been given this record form to help identify why your child has carious teeth, excessive dietary sugar intake is the most common cause and this Practice is very concerned about the current state. Please fill in everything that they eat at any time. Do not leave anything out and be honest. Incorrect recording will not allow identifying foods and eating patterns that are causing this serious problem. We can look at this sheet together when completed and will provide advice in identifying and altering harmful eating habits and patterns.

| | Friday | Saturday | Sunday | Monday |
|---------------|--------|----------|--------|--------|
| Breakfast | | | | |
| Mid-morning | | | | |
| Lunch | | | | |
| Mid-afternoon | | | | |
| Dinner | | | | |
| After dinner | | | | |

Reviewed by:

Date: