Food and drinks log

Doncaster Road
doncasterroad.co.uk
Dental Practice
since 1896

My name is _____

Write down everything you eat and drink over the next 5 days. An adult can help you do this.

Make sure at least 1 day is a Saturday or Sunday.

For cold drinks, please write down if they are ordinary, low-calorie, low-sugar, or no added sugar.

For hot drinks, please write down if sugar is added.

Day 1 (day) _____	
Time	What did you eat or drink?

Day 2 (day) _____	
Time	What did you eat or drink?

Food and drinks log

Doncaster Road
doncasterroad.co.uk
Dental Practice
since 1896

Day 3 (day) _____	
Time	What did you eat or drink?

Day 4 (day) _____	
Time	What did you eat or drink?

Day 5 (day) _____	
Time	What did you eat or drink?