

Patient information

Diet Diary

Liverpool University Dental Hospital

Patients name

Why Have I been asked to complete a diet diary?

Did you know that too much sugar is bad for teeth and for health?

Half of the sugar in our diet comes from sugary drinks, sweets, biscuits, cakes, puddings, sugary breakfast cereals and higher-sugar yoghurts and puddings.

We would like to look at your diet to be able to give advice that suits you. We maybe able to suggest some sugar swaps to help you maintain a healthy lifestyle and improve your oral health.

To be able to do this, we need to have a complete and accurate record of all that you eat and drink for three consecutive days.

Many foods contain what we call 'hidden' sugars. Completing this diet diary as accurately and honestly as possible will help us to identify foods your child eats which may contain these.

Please read the guidance below carefully

- Please record everything eaten and drunk for three days in a row
- It helps to include at least one weekend day
- Include all drinks, meals, between meal snacks, sweets, and treats
- For each food or drink, include a rough idea of the amount, or quantity, for example, one teaspoon of sugar, a small glass of juice, two pieces of toast and butter, six chicken nuggets
- Don't forget to include any sugar or jam or honey that is added to food or drinks
- Record foods in the order which they were eaten
- Try not to leave filling in this form until the end of the day, try and keep it up to date during the day – it is difficult to remember at the end of the day
- Record the time you went to bed on each day (this is important)
- Make sure you remember to bring this diet diary back to your next appointment

Day Two:.....

[illegible]

Day Two Bedtime:.....

Day Three:.....

[illegible]

Day Three Bedtime:.....

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Paediatric Dentistry Clinic

Tel: 0151 706 2000 Ext 5022

Text phone number: 18001 0151 706 2000 Ext 5022

Special Care Dentistry Clinic

Tel: 0151 706 2000 Ext 5525

Text phone number: 18001 0151 706 2000 Ext 5525

NHS Change4Life:

<https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids>

Save Kids From Sugar:

<http://www.savekidsfromsugar.co.uk>

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونياً.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字

體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نه‌خوشانه‌ی له‌لایسن تراسته‌وه پس‌مند کراون، نه‌گسر داوا بکرنیت له فورمات‌ه‌کانی تردا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خویندنه‌وه)، چاپی گموره، شریتی دهنگ، هیللی موون و نملیکتر و نیککی همیه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.