

Brunswick Holistic Dental Centre  
Principals - Nigel Cluer  
Marcus O'Meara

## **Diet Diary For**

**Name:** \_\_\_\_\_

- In the tables following, write down everything you eat and drink throughout the day, including snacks. The food and drink should be written down next to the appropriate time of day, and continue this for three days.
- Also write down each time you brush your teeth and how long it took.

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Day One:

Teeth Brushed for...	Items Eaten
6am	
8am	
10am	
12pm	
2pm	
4pm	
6pm	
8pm	
10pm	

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Day Two:

Teeth Brushed for...	Items Eaten
6am	
8am	
10am	
12pm	
2pm	
4pm	
6pm	
8pm	
10pm	

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Day Three:

Teeth Brushed for...	Items Eaten
6am	
8am	
10am	
12pm	
2pm	
4pm	
6pm	
8pm	
10pm	