

Sarah Tomlinson

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Diet Sheet

Diet Sheet for

Week Commencing.....

Food/Drink	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Snacks/Drinks							
Lunch							
Snacks/Drinks							
Dinner							
Dessert/Drinks							

Please be honest with your eating habits. Include any added sugars to food/drink. The diet sheet should be carried out over 4-5 days including at least one weekend within the time frame as eating habits may change over the weekend.

Once completed please pop in with the sheet or alternatively email it to dental@sarahtomlinson.co.uk