Advanced Restorative Care

# Dietary Analysis and Advice

This sheet allows us to evaluate any hidden sources of sugar that may be causing your dental decay and/or toothwear together.

It is an extremely important document and underpins much of the information that is required to help improve your oral and general health.

Please could you complete this form contemporaneously?

It should include information on 3 consecutive days of which 1 day should be a weekend i.e. Thursday, Friday and Saturday or Sunday, Monday and Tuesday.

The more honestly and accurately that you complete this document, the more we will be able to provide you an accurate diagnosis and timely care.

The document should include everything that you eat and drink e.g. foods, hot drinks, cold drinks, fruits, snacks, mints etc. See example sheet.

Please do not hesitate to contact me if you have any queries on aj@advancedrestorativecare.com

Many thanks

**Mr. AJ Ray–Chaudhuri**
BDS MFDS RCSEd MJDF RCSEng LLM AFHEA FDS RCSEng

Implantologist and Specialist in Restorative Dentistry, Endodontics, Prosthodontics and Periodontics

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**Example day 1:** *Sunday* **Example date:** *29/04/2018*

| Time | Food/Drink/Snack | Comment by AJ |
|---|---|---|
| 0800 | 1 x coffee with 2 sweetners<br>2 slices of toast with jam | |
| 0855 | 1 x glass of orange juice | |
| 1030 | 1 x tea with ½ teaspoon of sugar | |
| 1140 | 1 x bottle of flavoured water | |
| 1225 | 1 x cheese sandwich<br>1 x packet of crisps<br>1 x small bottle of apple juice | |
| 1330 | 1 x orange<br>2 x chewing gum | |
| 1450 | 1 x bottle of fizzy water<br>1 x tea with ½ teaspoon of sugar | |
| 1620 | 2 x pint of beer | |
| 1815 | 1 x Gin and Tonic | |
| 1910 | 3 x mints | |
| 2000 | Carrot and Coriander soup<br>Shepherd's pie<br>1 x chocolate square | |
| 2050 | 1 x scoop of ice cream | |

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**Day 1:** **Date:**

| Time | Food/Drink/Snack | Comment by AJ |
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**Day 2:** **Date:**

| Time | Food/Drink/Snack | Comment by AJ |
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**Day 3:** **Date:**

| Time | Food/Drink/Snack | Comment by AJ |
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