

Specialist referrals in Sussex, Surrey and Kent for:

Paediatric dentistry  
Restorative dentistry  
Endodontics  
Periodontics  
Prosthodontics  
Implants  
Oral & Maxillofacial surgery  
Facial Aesthetics  
Sedation  
Imaging  
Dental Radiology

[www.graystonereferral.com](http://www.graystonereferral.com)



GRAYSTONE

REFERRAL CENTRE

## 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 us if you have any queries on [info@graystonereferral.com](mailto:info@graystonereferral.com)

We would ideally like this returned to us prior to your appointment.

Many thanks

The Graystone Referral Centre team

Specialist referrals in Sussex, Surrey and Kent for:

Paediatric dentistry  
Restorative dentistry  
Endodontics  
Periodontics  
Prosthodontics  
Implants  
Oral & Maxillofacial surgery  
Facial Aesthetics  
Sedation  
Imaging  
Dental Radiology

[www.graystonereferral.com](http://www.graystonereferral.com)



# GRAYSTONE

REFERRAL CENTRE

**Example day 1:** Sunday **Example date:** 29/04/2022

Time	Food/Drink/Snack	Comment by GRC
0800	1 x coffee with 2 sweeteners 2 slices of toast with jam	<i>Jam has surprising amounts of sugar</i>
0855	1 x glass of orange juice	<i>Acid and sugar but okay with a meal</i>
1030	1 x tea with ½ teaspoon of sugar	<i>Even a small amount of sugar can cause decay</i>
1140	1 x bottle of flavoured water	
1225	1 x cheese sandwich 1 x packet of crisps 1 x small bottle of apple juice	

Specialist referrals in Sussex, Surrey and Kent for:

Paediatric dentistry  
Restorative dentistry  
Endodontics  
Periodontics  
Prosthodontics  
Implants  
Oral & Maxillofacial surgery  
Facial Aesthetics  
Sedation  
Imaging  
Dental Radiology

[www.graystonereferral.com](http://www.graystonereferral.com)



# GRAYSTONE

REFERRAL CENTRE

1330	1 x orange 2 x chewing gum	<i>Sugar free?</i>
1450	1 x bottle of fizzy water 1 x tea with ½ teaspoon of sugar	<i>Fizzy water is acidic</i>
1620	2 x pint of beer	
1815	1 x Gin and Tonic	
1910	3 x mints	<i>Sugar free?</i>
2000	Carrot and Coriander soup Shepherd's pie 1 x chocolate square	
2050	1 x scoop of ice cream	

Specialist referrals in Sussex, Surrey and Kent for:

Paediatric dentistry  
Restorative dentistry  
Endodontics  
Periodontics  
Prosthodontics  
Implants  
Oral & Maxillofacial surgery  
Facial Aesthetics  
Sedation  
Imaging  
Dental Radiology

[www.graystonereferral.com](http://www.graystonereferral.com)



# GRAYSTONE

REFERRAL CENTRE

Day 1:

Date:

Time	Food/Drink/Snack	Comment by GRC

Specialist referrals in Sussex, Surrey and Kent for:

Paediatric dentistry  
Restorative dentistry  
Endodontics  
Periodontics  
Prosthodontics  
Implants  
Oral & Maxillofacial surgery  
Facial Aesthetics  
Sedation  
Imaging  
Dental Radiology

[www.graystonereferral.com](http://www.graystonereferral.com)



# GRAYSTONE

REFERRAL CENTRE


Specialist referrals in Sussex, Surrey and Kent for:

Paediatric dentistry  
Restorative dentistry  
Endodontics  
Periodontics  
Prosthodontics  
Implants  
Oral & Maxillofacial surgery  
Facial Aesthetics  
Sedation  
Imaging  
Dental Radiology

[www.graystonereferral.com](http://www.graystonereferral.com)



# GRAYSTONE

REFERRAL CENTRE

Day 2:

Date:

Time	Food/Drink/Snack	Comment by GRC

Specialist referrals in Sussex, Surrey and Kent for:

Paediatric dentistry  
Restorative dentistry  
Endodontics  
Periodontics  
Prosthodontics  
Implants  
Oral & Maxillofacial surgery  
Facial Aesthetics  
Sedation  
Imaging  
Dental Radiology

[www.graystonereferral.com](http://www.graystonereferral.com)



# GRAYSTONE

REFERRAL CENTRE


Specialist referrals in Sussex, Surrey and Kent for:

Paediatric dentistry  
Restorative dentistry  
Endodontics  
Periodontics  
Prosthodontics  
Implants  
Oral & Maxillofacial surgery  
Facial Aesthetics  
Sedation  
Imaging  
Dental Radiology

[www.graystonereferral.com](http://www.graystonereferral.com)



# GRAYSTONE

REFERRAL CENTRE

Day 3:

Date:

Time	Food/Drink/Snack	Comment by AJ



Specialist referrals in Sussex, Surrey and Kent for:

Paediatric dentistry  
Restorative dentistry  
Endodontics  
Periodontics  
Prosthodontics  
Implants  
Oral & Maxillofacial surgery  
Facial Aesthetics  
Sedation  
Imaging  
Dental Radiology

[www.graystonereferral.com](http://www.graystonereferral.com)



# GRAYSTONE

REFERRAL CENTRE
