



Oxfordshire Community Dental Service

# Food and Drink

# Food and drink diary

Please write down everything that you eat/drink e.g. 7am, cornflakes and whole milk, tea with 2 sugars. This will help us to advise you on how best to improve your diet for healthy teeth. Choose one weekend day and two weekdays.

Day 1 - Time	Day 1 - Food and drink
Day 2 - Time	Day 2 - Food and drink
Day 3 - Time	Day 3 - Food and drink


## Healthy swaps - some ideas



Chocolate Cereal



Porridge with berries



Fizzy drink



Milk

### Further swap ideas; Better Health -

<https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps/>

### Further information; The Eatwell Guide -

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

Use this **QR code** to find all Oxfordshire Community Dental Service leaflets. You can also access them in an accessible format.



# Accessibility

An accessible version of this leaflet can be found on our website: [www.oxfordhealth.nhs.uk/cds](http://www.oxfordhealth.nhs.uk/cds)

If you need the information in another language or format, please contact us.

## Get in touch

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## Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone        0800 328 7971

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