

**Illustration of a three-day diet diary**  
(with cariogenic food and drinks highlighted)

<b>Time:</b>	Day: <b>THURSDAY</b>	<b>Time:</b>	Day: <b>FRIDAY</b>	<b>Time:</b>	Day: <b>SATURDAY</b>
08:00	<b>Sugar-coated rice puffs</b> and milk; <b>orange juice</b>	07.30	Porridge with <b>honey</b> ; milk	09.00	Toast and <b>chocolate spread</b> ; tea with milk and <b>sugar</b>
10:45	<b>Chocolate biscuit</b> ; water	11.00	<b>Raisins</b> ; water	11.00	Grapes
12:30	Ham sandwich; apple; milk	12.30	Cheese sandwich; banana; water	13.00	<b>Tin of tomato soup</b> ; bread; <b>apple juice</b>
16:30	Ready salted crisps; <b>orange squash</b>	18.15	Spaghetti bolognese; fruit salad; water	15.30	Salt and vinegar crisps; water
18:00	Chicken casserole; <b>ice cream</b> ; water	20.30	Crackers and cheese	19.00	Four Cheeses pizza; salad; <b>jelly</b> ; <b>cola drink</b>
20:00	Toast with butter and <b>strawberry jam</b>			21.00	<b>Fruit yoghurt</b> ; <b>drinking chocolate</b>