



THE NO EAT FOOD LIST

Sticky Candy:

Caramels (Snickers, Milkways, Twix, etc..), Laffy-Taffy, Airheads, Starburst, Jelly Beans, Tootsie Rolls, Sour Patch Kids, Gummy Bears/Worms, etc...

Hard Candy:

Jolly Ranchers, Lollipops, and Peppermints

Misc. Foods:

NO popcorn, NO hard chips (Cheetos, Tortilla, Kettle..etc). NO ice. Ice is *extremely* hard and can break braces & even *your* teeth!

FOODS TO AVOID

Meats:

Ribs, Chicken & Buffalo wings meat must **ALL** be cut off the bone. IF NOT, the bone could break the braces.

Fruits & Veggies:

Avoid biting into apples, pears, & carrots. Apples, pears, & carrots ALL need to be cut up into diced sizes OR baked to prevent your braces from being broken off. Remove corn from its cob before eating.

Drinks:

Sodas (Pepsi, Coke, Dr. Pepper, Sprite) tea, & juices ALL need to be avoided due to the amount of sugar that is in them. You can still drink sodas & tea during meals; *however*, you want to brush as soon as you can afterwards to prevent cavities from forming. Even sipping on these drinks through out your day is not good. So *please* make sure you rinse & brush as soon as possible.

Please try to AVOID and NOT eat the foods above and it **will prevent broken brackets, delayed treatment, & white spots/scars on your teeth!**

