



## FOOD GUIDELINES

Eating the correct foods is an essential part of successful treatment. The wrong foods can cause braces, wires, and appliances to loosen or break. Loose and broken appliances require additional appointments for repair. This slows down your progress and causes your treatment to take longer. *In the interest of finishing your treatment without delay, it is important to avoid sticky, chewy, and hard foods such as:*

STARBURSTS	TAFFY	CANDY APPLES	CARAMELS
GUM	GUMMY BEARS	LICORICE	TOOTSIE ROLLS
MILKY WAY	HEATH BAR	BUTTER FINGER	NOW N' LATER
SNICKERS	TWIX	JOLLY RANCHERS	SKITTLES
HARD COOKIES	HARD ROLLS	HARD PRETZELS	HARD BAGELS
HARD TACO SHELLS	KETTLE CHIPS	DORITOS	WHOLE NUTS
SLIM JIMS / JERKY	RAW CARROTS	PIZZA CRUST	CORN ON THE COB

This is only a partial list - so think before you bite into your food. If there's doubt about whether a food is safe to eat, it's best not to eat it.

Apples, pears, **warm/soft** bagels, soft pretzels are ok as long as they are cut into small pieces or strips and chewed on the back teeth. All your meats should be cut away from the bone and remove corn from the cob before chewing. Be careful when eating popcorn - you don't want to bite into an unpopped kernel.

**Never chew on ice** -this can damage your teeth.