



## Braces – Food List

Please avoid...

- Hard and crunchy foods
- French bread crust
- Hard pizza crust
- Corn Nuts
- Tortilla chips
- Hard pretzels
- Nuts
- Chewy and sticky foods
- Now and Laters
- Jolly Ranchers
- Gummy candy
- Caramel
- Snickers
- Starbursts

Please cut into small pieces and chew on back teeth...

- Apples
- Carrots
- Other raw fruits and vegetables

Please don't bite pens, pencils, or play with your braces with your fingers as this may cause a bracket to become loose. Please call our office immediately, if you notice a loose bracket.



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