

## FOODS TO AVOID

Name: \_\_\_\_\_



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#### AN OWNERS GUIDE TO BRACES

First Rule: Keep them on your teeth. **DO NOT EAT ANYTHING HARD, CRUNCHY, STICKY OR CHEWY**

#### FOODS YOU ARE TO AVOID WHEN WEARING BRACES

Please do not eat, bite into or chew **hard** foods such as:

- **NO HARD CHIPS**  
No Doritos, Fritos or corn chips, No Hard Taco shells (*soft shell tacos can be eaten*),  
No nachos or tostadas
- **NO HARD OR STICKY CANDY**  
Candy bars with nuts and caramel, Mints, Starbursts,  
Now & Laters, Fruit Roll-Ups, Tootsie Rolls, jelly beans, caramel, caramel apples, licorice, M&Ms
- **NO NUTS**  
No Nuts of any kind, Peanut M&Ms
- **NO GRANOLA BARS**
- **NO POPCORN**  
Tough stuff for braces
- **NO FROZEN CANDY BARS**
- **NO ICE**
- **NO SNOW CONES**
- **NO PRETZELS**
- **NO HARD RAW VEGETABLES**  
Carrots, celery and apples - eat only when cooked
- **NO GUM**  
Stick Gum, Bubble Gum or Sugarless Gum
- **NO PIZZA CRUST**

Please follow these instructions when eating the following:

- **PICKLES** must be cut into slices or spears.
- **CORN ON THE COB** must be cut off the cob.
- **CHICKEN AND RIBS** must be cut off the bone.

#### PLEASE DO NOT DO THE FOLLOWING WHILE WEARING BRACES

- **DO NOT** play with your brackets
- **DO NOT** bite fingernails
- **DO NOT** chew on pens or pencils will pop off brackets
- **DO NOT** bite into anything with your front teeth!! Cut everything into small pieces and chew with your back teeth.  
If you cannot cut what you are eating into small pieces, you should not have it.
- **DO NOT** chew any foreign objects such as cell phone antennas, pens, pencils, etc.

- **BASICALLY, DO NOT EAT ANYTHING HARD, CRUNCHY, STICKY OR CHEWY**
- **DO NOT PUT FOREIGN OBJECTS INTO YOUR MOUTH**
- **NO FOOD ONE (1) HOUR AFTER BRACES ARE PUT ON, PLEASE. DRINK ONLY MALTS OR SOUP.**

Please be kind to your braces. The better you are to your braces the shorter the time you will have to keep them on your teeth.

Thank you for your cooperation.