

FOODS THAT CAN BE ENJOYED WHILE IN BRACES!

Enjoy a bowl of ice cream!



Mmmmm.....Pasta!

Remember—If you can cut it into bite-sized pieces, you can probably eat it!



Cut up some melon or grapes for a healthy snack!



A smoothie or a milkshake anyone?

Mac-N-Cheese



Quesadillas!!!



Chicken, Burgers, Fries Oh My!



Kernel-less (hull-less) popcorn



Pizza—Just be sure to cut it into bite-sized



You can eat CHOCOLATE? Oh Yes!



In Harmony Orthodontics
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