



**When in doubt, cut your food into small pieces. Can't cut it? Don't eat it!**

## FOODS TO AVOID



Eating the types of foods listed below (this list is not in-depth) is likely to loosen your braces, bend the wires, or even cause brackets to come off. Every loose bracket can extend your treatment time at least *two months!*



**ICE:** Do not chew ice. Eating ice will crack the cement that

bonds your braces to your teeth. Even sucking on ice is dangerous because you are likely to bite down on it.



**DORITOS, PRETZELS, HARD TACO SHELLS, TOSTITOS, CHEETOS, FRITOS & CHIPS:**

These are crunchy and hard and can break the cement bonds of your braces. If it crunches when you bite it, avoid it!

**HARD COOKIES LIKE OREOS:**

Try softer alternatives like fig bars or fruit bars.



**ANY HARD CANDY, CAMEL, JU-JU BEES, HARD BUBBLE GUM AND NOW-N-LATERS:**

Anything hard is going to cause damage to your braces. There are too many types of hard, sticky candies to list, so please remember to think before you eat!

**RAW, HARD FRUITS AND VEGATABLES:** Don't eat them raw—they can be too hard. Cook them first.

**BEEF JERKY AND SLIM JIMS:**

These items are rough & tough. You will be better off if you avoid anything like them.



**POPCORN:** The hidden unpopped kernels cause damage to the braces.

**PENS AND PENCILS:** Chewing on these will wreck your braces!



**SUCKERS, M&M'S AND NUTS:** Nuts of any kind are not good for your braces.

**HARD BAGELS, BREAD & PIZZA:** It is actually the crust and not the pizza itself you should worry about. If you eat pizza, just avoid the hard crust. Best to always cut it into pieces.

