

# *ATTENTION*

*These items should be eliminated from your diet during Orthodontic treatment...*

All types of gum

Caramels

Taffy

Hard candies (Jolly Ranchers)

Popcorns

All types of nuts

Jaw breakers

Tortilla Chips (Doritos)

Licorice

Sugar Daddy's

Hard-crusteds breads

Pretzels

Granola bars

Frozen candy bars

Hard shell tacos

Meat on the bone

**If it is hard and sticky, stay away from it!!**

*These items may be eaten only if cut into small pieces.*

Raw Celery

Apples

Pizza

Raw Carrots

Corn on the cob

Never chew ice cubes, pencils, or pens!

Do not pick at the braces!

Never bite your nails!

*Forget what your friends say. Not following this advice causes damage to the braces and prolongs your treatment!*