

## Problem Foods when you have BRACES

### NO Hard Foods

<ul style="list-style-type: none"><li>▪ Hard Pizza Crust</li><li>▪ Rice Crispy Treats</li><li>▪ Doritos</li><li>▪ Fritos</li><li>▪ Cheetos</li><li>▪ Combos</li><li>▪ Hard Taco Shells</li><li>▪ Bagels - (soften them in the microwave)</li></ul>	<ul style="list-style-type: none"><li>▪ Hard Candy</li><li>▪ Lollipops</li><li>▪ Lifesavers</li><li>▪ Jolly Ranchers</li><li>▪ Now &amp; Laters</li><li>▪ Beef Jerky</li><li>▪ Slim Jims</li><li>▪ Caramel Popcorn</li><li>▪ Regular Popcorn (hull-less is okay)</li></ul>	<ul style="list-style-type: none"><li>▪ Hard Pretzels (small pretzels and pretzel sticks are okay)</li><li>▪ Carrots &amp; Apples (slice into sticks and wedges)</li><li>▪ Ice and Ice Cubes (do not chew)</li><li>▪ Corn on the Cob (remove from cob)</li><li>▪ Hard Granola Bars</li><li>▪ Nuts</li></ul>
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### NO Sticky or Chewy Foods

<ul style="list-style-type: none"><li>▪ Bubble Gum</li><li>▪ Gumballs</li><li>▪ Jawbreakers</li><li>▪ Taffy &amp; Tootsie Rolls</li><li>▪ Caramels</li></ul>	<ul style="list-style-type: none"><li>▪ Sugar Daddy's</li><li>▪ Candy Bars</li><li>▪ Snickers</li><li>▪ Starbursts</li><li>▪ Licorice</li></ul>	<ul style="list-style-type: none"><li>▪ Jelly Beans</li><li>▪ Skittles</li><li>▪ Good &amp; Plenty</li><li>▪ Milk Duds</li><li>▪ Fruit Roll-Ups</li></ul>
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- No Sugary and Acidic Drinks Like Sodas and Gatorade

### \*\*\* REMEMBER \*\*\*

When you break a brace because of what you were eating, it only makes your treatment time longer. So please be careful and think about what you eat. When in doubt, don't eat it.

**\*\*Please call ahead if something is loose or broken even if your appointment is the same day, otherwise we may not have the amount of time needed to fix the problem.**

### \*\*\*REMEMBER\*\*\*

Thorough daily brushing, flossing and the use of a fluoride rinse are vital to avoid permanent stains and cavities.