

# FOODS TO AVOID

**First Rule:** Keep them on your teeth

**Second Rule:** Please do not eat HARD foods such as:

**Hard Chips-** Example: Tacos, Doritos, Fritos (anything that comes in a cellophane bag and ends in “O”). Don’t despair because you can have regular potato chips and for those Mexican food lovers, you can have a soft shell taco or burrito (they’re great).

**Popcorn-** Tough stuff for braces.

**Nuts-** No nuts of any kind!

**Pretzels**

**Ice-** A real killer of brackets. Keep the tops on those cokes at McDonald’s so you won’t be tempted.

**Granola Bars**

**Foreign**

**Objects-** Like pens, pencils, fingernails.

Also, please don’t chew gum... that means any kind of gum (even the kind that says it won’t stick to dental work). Keep away from sticky candy such as caramels, now and later. If you must have a candy bar or die, have a chocolate one with no nuts, and then really scrub up.

Don’t use your front teeth to bite into anything or to rip off pizza bites, Cuban sandwiches, apples. This is a real heartbreaker... no carrots, (unless they’re cooked).

Three (3) hours after braces **NO FOOD, DRINK MALTS OR SOUP.**

Three (3) days stay on soft diet.

**BE GOOD TO YOUR BRACES-** if you want them off in the shortest amount of time (and who doesn’t ) you have to keep them on your teeth.