



FOODS TO AVOID

Any sticky or chewy candies such as...

- gum
- toffee/caramels
- jujubes
- gummy bears

Any hard foods or candies such as....

- suckers
- mints
- jaw breakers
- candy canes
- ice cubes
- nuts
- popcorn kernels

FOODS TO CUT UP / BE CAREFUL OF

- raw vegetables (carrots)
- hard fruits (apples, pears)
- corn on the cob
- chicken wings / ribs
- pizza crust

Please exercise common sense when eating with your braces. Broken braces can extend your estimated treatment time. Thank you for your co-operation!