

Things you CAN, CAN'T and SHOULD be careful eating!

YES! YES!

Enjoy yourself – all of these soft, gentle foods are fine to eat:

ICE CREAM, CHOCOLATE CANDY BAR, POTATO CHIPS & DIP, SPAGHETTI, RAVIOLI, LASAGNA, MASHED POTATOES, FRENCH FRIES, SALAD (watch the carrots), SOUPS, PB&J, COLD CUTS, HAMBURGERS, EGGS, CHEESE, TUNA, BANANAS, PANCAKES, SOFT-SHELL TACOS, RICE, MAC & CHEESE, ETC.

This is only a guideline. There are many other soft foods you can eat, just use your own judgment.

BE CAREFUL!

Cut or tear these foods into bite-sized pieces:

BAGELS, RAW VEGETABLES, APPLES, PEARS, CORN ON THE COB, PEACHES. Cut all meat away from bones.

Foods to eat with caution:

LOLLIPOPS & HARD CANDY, HARD CEREALS, FRUIT ROLLUPS, NACHOS, THIN PRETZELS, FRITOS (one at a time), CHIPS, ETC.

NO! NO!

The following foods are either too hard and will break your braces or too sticky and will cause cavities. AVOID ALL THE FOLLOWING:

TOO HARD: PIZZA CRUST, BITING INTO BAGELS, CHEWING ICE CUBES, HARD CRUSTY BREAD & ROLLS, RAW BABY CARROTS, NUTS, SLIM JIMS, POP CORN, HARD FAT PRETZELS, GRANOLA BARS, CHEWING PENS & PENCILS, NAIL BITING.

TOO STICKY: GUM (of any kind), STARBURST, SKITTLES, AIRHEADS, LICORICE, LAFFY TAFFY, CARAMEL CANDY, GUMMY BEARS, TOOTSIE ROLLS, NOW OR LATER, POWERBARS, STICKY CHEWY GRANOLA BARS, ETC.

PLEASE, NO CHEWING ON PENS, PENCILS or FINGERNAILS.

If you have any questions regarding this list or any part of your treatment, please call or ask any of the staff.