



NO-NO FOOD LIST

Examples of things not to eat or chew on as they will cause damage to your brackets and wires:

****ICE****

BEEF JERKY

POPCORN

RAW CARROTS

HARD CANDY

STICKY CANDY

STARBURSTS

SKITTLES

TAFFY

HARD CHIPS

NUTS

PENS AND PENCILS

*STICKY GUM (with sugar)

***Sugar free gum is encouraged as it has several helpful factors:**

Helps alleviate soreness

Helps teeth move faster

Cleans teeth

Always use common sense when biting and chewing. **Sometimes it's not what you eat but how you eat it.** Remember that every broken bracket adds extra time to your treatment!

If you have to ask, you probably shouldn't be eating it!!