

## FOOD FOR ORTHODONTIC THOUGHT NO-NO-LIST

To Be Posted On Your Refrigerator Door

### THINGS YOU CANNOT EAT, CHEW, OR ANYTHING:

**ICE...** A thousand times NO. It will totally destroy your braces.

**PIZZA CRUST...** The hard crust bends wires

**HARD PRETZELS...**Bends wires, loosens bands, knocks off brackets

**DORITOS, TACOS, TOSTITOS, CHEETOS, FRITOS and like...**will form a hard ball and break your braces

**CARMEL CANDY, JU-JU BEANS, BUBBLE GUM...**Sticky goo which pulls off wires and feeds the bacteria in your mouth

**HARD ROLLS, BAGELS,..**Bends the wire and knocks off brackets.

**BEEF JERKY SLIM JIMS...**Tough as nails

**SUCKERS...**You might weaken and bite

**NUTS...**No nuts of any kind

**RIBS, BONES...**Knocks off brackets

**PENS & PENCILS...**Favorite exam food, breaks everything

**POPCORN...**The little shells get between the gum and band and hurt you like crazy.

**RAW CARROTS...**Hard as rocks

**ROCKS...**Only if they came out of your head

**COKE & PEPSI.....**may permanently discolor teeth

*Eating these foods will loosen the braces, but you may not discover the problem until hours or days later...Surprise! Loose bands, broken wires, and detached brackets are caused by you!*

**Dentistry for Children,P.C.  
781-331-0140**