

Foods to Avoid

Please use the following foods as a more detailed example of Foods To Avoid

**Toast, crust and especially pizza crust. Please cut your slice of pizza before biting into it.
Bagels and all French breads, including submarine sandwiches**

Hard tacos: only soft tacos please

**Apple pears peaches and raw vegetables of any type should be cut up into small, bite sized
pieces. Chew on the back teeth. Never bite directly into them**

Cookies of all types. Please break them into small pieces and chew them carefully.

Cereal. Be careful with that morning bowl of cereal. Small spoonfuls!

Fried chicken, please cut any meat off the bone, rather than biting into the hard crunchy skin.

No ice chewing or fingernail biting. Also pen cap chewing can break your appliances.

**Anything chewy or sticky or gooey. Bubble gum, caramels, gummy bears “Now and Laters” are
absolute no-no’s**

**Soda’s are high in sugar and very acidic. They are bad even without braces but even worse when
you wear braces.**

**Be careful to brush after eating anything high in sugar content. Your braces attract and hold
cavity causing sugars like a magnet.**

Remember:

**The better you take care of your braces and teeth, the faster the braces will work, the sooner
your teeth will be straight and the treatment will be over.**

**The cleaner your teeth are, the healthier your teeth and gums will be, the less discomfort you
will have with braces.**

Good Luck, with a little effort your journey to a beautiful smile will be a great experience.