

# FOODS: COMMON SENSE IS YOUR BEST POLICY

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To successfully complete your orthodontic treatment, you'll need to develop proper eating habits. Form a pattern of regular, balanced meals. If you're unable to brush after eating a snack, make a point to rinse out your mouth with water.

Don't eat hard, chewy, crunchy, or sticky foods or candies. They can loosen or dislodge your braces. Stay away from gum (especially bubble gum).

Use caution with fruits and veggies. Cut apples and carrots into thin slices and chew them carefully. Slice corn off the cob.

Skip on hard chips. Don't suck on lemons, limes, or ice. Don't chew on pencils or pens.

## • **EXAMPLES OF FOODS TO AVOID:**

- Corn (on the Cob)
- Hard Candy
- Corn Chips
- Popcorn
- Jerky
- Ice
- Nuts
- Pizza Crust
- Jolly Ranchers
- Gum
- Starbursts
- Sugar Daddies
- Tootsie Rolls
- Gummy Bears
- Caramels
- Taffy
- Other chewy candies
- Sugary drinks
- Soft drinks

