

Foods to **avoid** while in Orthodontic Treatment



- POPCORN
- NUTS AND SEEDS
- HARD TACO SHELLS
- CHUNKY PEANUT BUTTER
- GUM
- CRACKER JACKS
- ICE
- DRIED FRUIT
- GRANOLA BARS AND PROTEIN BARS
- HARD COOKIES AND CRACKERS
- RICE CAKES
- PIZZA CRUST
- RAISINS
- RICE KRISPY TREATS
- FRUIT ROLL UPS AND FRUIT SNACKS
- BEEF JERKY
- CORN DIRECTLY FROM THE COB
- RAW VEGETABLES, INCLUDING:
CARROTS, CAULIFLOWER, BROCCOLI, AND POTATOES
(SIDENOTE: YOU MAY EAT THESE ITEMS IF STEAMED OR BROILED)
- HARD FRUIT, INCLUDING:
APPLES, PEARS, PEACHES, AND NECTARINES
(SIDENOTE: YOU MAY EAT THESE ITEMS IF CUT INTO SMALL PIECES OR SOFTENED)
- BAGELS AND HARD ROLLS
FRENCH BREAD, CROUTONS, AND BREADS WITH A HARD CRUST

STICKY AND HARD CANDY

TWIX, SNICKERS, BABY RUTH, BUTTERFINGERS, LICORICE, SUGAR DADDY'S, TOOTSIE ROLLS, TOFFEE, LAFFY TAFFY, SKITTLES, STARBURST, NOW AND LATERS, AIR HEADS, STICKY OR HARD CHOCOLATE, GUMMY BEARS, PEANUT BRITTLE, CARAMEL, CANDY CANES, SUCKERS, JOLLY RANCHERS, MINTS, M&M'S, GHOSTOPPERS, NERDS, CHARLESTON CHEWS, PAYDAY, SWEET TARTS, BUTTER SCOTCH, CANDY CORN, OH HENRYS, MILKY WAY, MILK DUDS, MIKE & IKE, MARS BARS, MARATHON BARS, LIFE SAVERS, JAWBREAKERS, ROLLO'S, ROOT BEER BARRELS, REESE'S PIECES, SMARTIES, SPREES, SALT WATER TAFFY, SWEDISH FISH, WHOPPERS, WHAT-CHAMACALLIT, AND ANY OTHER CANDY THAT IS HARD OR STICKY.



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