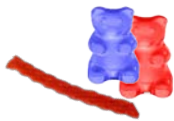




Foods to avoid when you have BRACES

FOODS TO AVOID

Sticky, chewy candy



Popcorn



Nuts



Hard Candy



Caramel



Hard cookies



Gum



Remove meat from bone



Hard shell taco



No chewing on Mouth Guards or opening bottles with teeth



Pizza crust



Thick chips



Corn on the cob



Toasted Bagels



Ice Cubes



These things should NEVER go in your mouth!



Fruits and Vegetable need to be cut into bite size pieces

