

Orthodontic No No's

Here are some tips on the types of foods to avoid:
ANYTHING hard, crunchy, sticky or chewy... For
example:

Hard Foods:

Snickers
Nuts, peanut brittle,
Hard Tacos & Nachos
Hard candy
Hard chips
Candied apples

Sticky Foods:

Gum(even sugarfree)
Fruit Roll-ups
Gummy Bears
Taffy and Caramels
Starburst, Skittles,
Milk Duds, Twix,
Tootsie Rolls

Crunchy Foods:

Corn-on-the Cob
Popcorn
Ice
Fritos, Cheetos etc
Pizza Crust

Be careful with these foods:

- Crunchy vegetables such as carrots - grate or cut into small pieces
- Apples - cut into wedges, dice or cube - don't bite
- French bread, pizza crust - tear into small pieces, DO NOT bite down and tug!

Other Orthodontic "No-No's"

- Lip, Cheek biting
- Pushing your tongue against your teeth - tip of tongue should be placed at roof of mouth
- Chewing on pencils or pens
- Tearing things with your teeth
- Biting your fingernails

Don't forget to bring your Beautiful Smiles Club card to every appointment to earn your points toward great prizes!

