

BRACE-BUSTER FOODS

You must avoid certain foods that can damage your braces. Damage to your braces slows down your treatment, which means you may not get your braces off on time! The following list is not complete but does contain common sticky or hard foods. You should avoid all sticky and hard foods while wearing your braces.

<i>ICE</i>	<i>TOOTSIE ROLLS OR POPS</i>	<i>LAFFY TAFFY</i>
<i>POPCORN</i>	<i>BLOW POPS</i>	<i>CARAMELS</i>
<i>PEPPERMINTS</i>	<i>ROLLOS</i>	<i>NOW OR LATERS</i>
<i>LIFESAVERS</i>	<i>SNICKERS</i>	<i>GUM (ALL KINDS)</i>
<i>JAWBREAKERS</i>	<i>CARAMEL APPLES</i>	<i>SWEETTARTS</i>
<i>JOLLY RANCHERS</i>	<i>TOFFEE</i>	<i>CROUTONS</i>
<i>PEANUT BRITTLE</i>	<i>HEATH BAR</i>	<i>FRUIT ROLL-UPS</i>
<i>CANDY APPLES</i>	<i>STARBURST</i>	<i>NUTS</i>

Don't bite on pens or pencils

Fresh corn should be sliced off the cobb

Whole fruits such as apples and carrots should be sliced and eaten carefully

Hard and crusty breads should be broken and eaten in small pieces

Corn chips and potato chips require special care when eaten