

No Excuse Food List

Sticky foods can damage appliances by bending wires and pulling off the brackets and bands.



AVOID

Lollipops
Toffee
Gummy Bears
Fruit Rollups
Now and Laters
Red Hot Dollars
Sour Patch Kids
Peanut Chews
Caramel
Gum
\$100 Grand Bar

Licorice
Cinnamon Bears
Oh, Henry Bar
Cotton Candy
Marshmallows
Starburst
Charleston Chew
Tootsie Rolls
Juju Beads
Mike and Ike's
Salt Water Taffy

Gushers
Skittles
Milky Way
Caramel Popcorn
Mentos
Raisins
Good and Plenty
Jelly Beans
Rice Krispie Treats
Swedish Fish
Gob Stoppers



Hard foods Hard foods can cause damage to your braces. Hard foods can bend wires, loosen the glue under bands, or break the little brackets and tubes that are attached to your teeth.

AVOID

Hard Pretzels
Starburst
Doritos
Peanuts/Nuts
Popcorn
Jolly Ranchers
Cheetos
Caramel/Candy Apples

Bagels
Pizza Crust
Tortilla Chips
Granola Bars
Pens/Pencils
Certs
Fingernails
Crispy Tacos

Lollipops
Lifesavers
Ice Cubes
Fortune Cookies
Hard Candy
Milky Way
Nachos
Carrots

Foods high in sugar content! If you do eat foods with high sugar content, brush your teeth immediately to avoid getting cavities. If it is not possible for you to brush, rinse your mouth with water to wash away the sugar. Avoid cakes, pies,



chocolates, cookies, soda as much as possible.



Try to Avoid Biting into an apple; instead cut the apple into small bite-size pieces. Meat on a bone, cut meat off the bone, Corn on the Cob, cut corn off the cob.

**Remember: Every time a bracket breaks off or a band comes loose, you may add one more month to the length of your treatment.