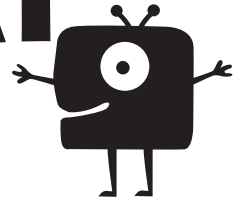


# WHAT TO CHEW CHART

POST ON YOUR REFRIGERATOR



## STOP DO NOT EAT



Eating these foods will loosen your braces, but you may not discover the problem until hours or days later. Loose bands, broken wires and detached brackets cause a **longer treatment time**.

**ICE** Chewing on it will totally destroy your braces

**Caramel Candy Gum**

**Suckers**

**Jolly Ranchers**

**Starburst**

**Beef Jerky**

**Slim Jims** Tough as nails

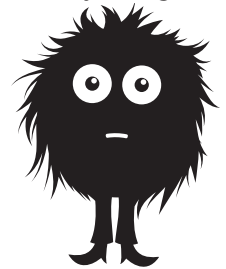
**Nuts** No nuts of any kind

**Pens and Pencils**

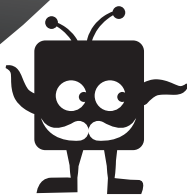
*Favorite exam time food breaks everything*

**Most Candy Bars**

**Popcorn** Kernels loosen the bands and get stuck in your gums



## EAT WITH CAUTION



Small pieces chewed with the back teeth are okay.

**Pizza Crust** The hard crust bends wires

**Hard Pretzels** Bends wires, loosens bands, knocks off brackets

**Doritos, Tostitos, Cheetos, Fritos, and the like** Will form a hard ball and break your braces

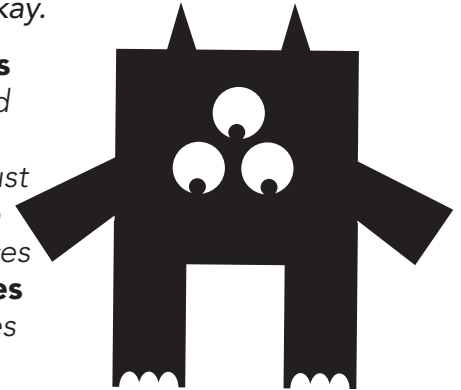
**Hard Rolls & Bagels**

*Bends the wires and knocks off brackets*

**Corn on the Cob** Just cut corn off the cob

**Ribs** Knocks off braces

**Raw Carrots, Apples**  
*Cut into small pieces and enjoy*



## GO AHEAD ENJOY



When following a nutritious diet, these items can be considered for special treats! Always remember to brush after enjoying these items.

**Potato Chips**

**Plain M&Ms** Melts in your mouth

**Cheese Puffs** Yum, yum

**Kit Kat** Delicious cookie crunch

**Hull-less Corn Puffs**

**French Fries** Who doesn't love fries?

**Hershey Bars** All time favorite

**Onion Rings** Yumm-o

**Milky Way, 3 Musketeers, Cadbury Caramellos, Reese's Peanut Butter Cups**

**Brownies** Without nuts

**Cake** Moist & tasty

**Ice Cream/Sundaes**

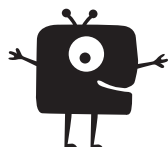
*Without nuts*

**Pie** Without nuts

**Milkshakes/Smoothies**

*Without nuts*

**Soft Cookies** So many to choose from



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