

# WHAT TO CHEW CHART

## FOODS TO AVOID

Hard, sticky and chewy foods will loosen your braces. You may not discover the problem until hours or days later. Loose bands, broken wires and detached brackets increase treatment time. Here are a few examples of foods to avoid.

- ICE
- Nuts
- Gum
- Suckers
- Jolly Ranchers
- Starburst
- Beef Jerky
- Slim Jim's
- Pens and pencils
- Popcorn



## EAT WITH CAUTION

Small pieces chewed with the back teeth are OK.

- Pizza crust
- Hard Pretzels
- Doritos, Cheetos and corn chips
- Hard rolls and bagels
- Corn on the cob
- Ribs
- Raw vegetables and apples



## GO AHEAD ENJOY

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

- Cheese Puffs
- Hull-less Corn Puffs
- French Fries
- Milkshake/Smoothies
- Soft cookies
- Brownies/Cake
- Ice cream sundaes
- Milky Way, Cadbury Caramello, Reese's Kit Kat, Hershey Bar and M&M's

