



ORTHODONTICS
Exclusively



NO-NO FOOD LIST

PIZZA CRUST
HARD ROLLS
BAGELS
TAQUIS AND CRUNCHY CHIPS
HARD TACOS
POPCORN
NUTS
RIBS AND MEATS ATTACHED TO
THE BONE, CRAB LEGS
RAW VEGGIES (CARROTS, BROCCOLI,
CELERY, WHOLE APPLES, etc.)
HARD, STICKY, AND CHEWY CANDY
AND GUM
SODA AND SUGARY DRINKS
PENS, PENCILS, FINGERNAILS
ICE



*RULE OF THUMB: YOU CAN TRY
CUTTING OR PINCHING/TEARING
CERTAIN FOODS INTO SMALL PIECES
BEFORE EATING. IF YOU CAN'T TEAR IT
BETWEEN YOUR FINGERS DON'T EAT IT