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****FOODS TO AVOID****

Unfortunately, some foods are **harmful** to your **braces** and can cause **damage** to, or even **break your braces**. These problems can cause **delay in treatment** and prevent you from getting your braces off in the estimated time we have given you.

Read the following **list carefully** and remember to **avoid** these foods:

- **THE PIZZA CRUST** is the best part and the place where bent wires start!
- **HARD ROLLS, PRETZELS, BAGELS & BONES** knock off brackets & wires, so leave them alone!
- **DORITOS, TACOS** and all the rest will form a hard ball...make your braces a mess!
- **POPCORN & MOVIES** are fun for all, but the pain they cause is no fun at all!
- **NUTS** are always very good too, but we'll have to say, no nuts for you!
- **SLIM JIMS** are fun to eat, but for breaking your braces, they're hard to beat!
- **RIBS & MEATS** that are on the bone are the kind of foods you should leave alone!
- **RAW CARROTS** and rabbits go together well, but the damage they cause is easy to tell!
- **HARD CANDY** is always a sweet delight, but will damage your braces if you ever bite!
- **CARAMEL, CANDY, JU-JU BEANS & GUM** are a gooey mess! They pull off your brackets and feed you bacteria, so my friend, don't let them get near ya!
- **ICE** is nice in the heat we all know, but they destroy your braces, a thousand times no!