



# No-No Food List

The Following is a list of foods that you need to stay away from while you are in orthodontic treatment. Eating any of these foods may loosen a brace which may cause a delay in treatment.

## Hard candies

- Suckers
- Cough drops
- Jawbreakers
- Certs
- Lifesavers
- Jolly ranchers

## Chewy Candies

- All Gum
- Licorice
- All gummi items
- Carmel candy
- Tootsie Rolls
- Laffy Taffy
- Tangy Taffy
- Starburst
- Skittles
- Sour Punch
- Ju-Ju Beans
- Hot tamales
- Mike and Ikes
- Milk Duds
- Sugar Babies
- Sugar Daddy

## Candy Bars

- Butterfingers
- Clark bars
- Zeros
- Almond Joys
- Paydays
- Peanut Crunch

## Raw fruits & vegetables

- Apples
- Pears
- Cauliflower
- Corn on the Cob

Make sure you slice them before you eat them.

## Nuts and Popcorn

### Beef Jerky, Hard Pretzels & Bagels

**Ice-** Please leave it in your cup.

**Pens & Pencils-** This is one habit you will need to break.

the Following is a list of foods that you need to watch when you eat them.

**Meats-** When you eat ribs or chicken make sure you tear the meat away from the bone before you eat them. All meat should be cut into smaller pieces.

**Pizza-** the crust and the cheese likes to get caught in your braces. Make sure you brush your teeth right after eating pizza.

**Tacos-** Stay away from hard taco shells. Soft shells would be better.

### Doritos and Chips-

You'll want to stay away from the thick, hard chips. Air puffed chips are better.

**Cookies-** Stay away from the hard cookies with nuts. Choose a soft cookie.

You will want to reduce your sugar intake. Cutting back on the following items will help in reducing plaque build-up. If you drink these items, do so with your meals.

**Pop-** If you are a pop drinker, you will want to cut back on the amount you drink. Try drinking diet pop instead.

### Sports Drinks

- Gatorade
- Powerade
- All Sport

These drinks are loaded with sugar. Drinking water is much better for you.

### Juice Boxes and Kool-Aide

Try drinking the sugar free stuff. It's not as bad as you think.

### Natural Juices

- Apple juice
- Orange Juice
- Grape Juice

Natural juices have natural sugars in them. Reduce the amount that you drink. If you do drink juice make sure you rinse your mouth with water afterwards.

Keep this list handy by hanging it on your refrigerator door. By following this list and keeping your teeth clean, your treatment should go smoothly.