

Now that you are in braces, have an appliance, or separators, you will have to watch the things you eat. Here are a few pointers to help you along the way!



YES-YES-LIST

THINGS YOU CAN EAT!!!!!!

Ices, Popsicles, Ice Cream, Regular and Frozen
Yogurt, Slushees, Milkshakes



Soft Tacos, Puffed Cheese Chips, Thin Potato Chips

Reese's Peanut Butter Cups, 3 Musketeers, Marshmallows, Brownies and
Hershey's Chocolate Bars (no nuts)

Crescent rolls, Soft Dinner Rolls, Pancakes, Waffles, Muffins

Pepperoni and cheese slices, eggs

Cut the meat off rib and chicken bones

FOODS TO AVOID

HARD FOODS like: Nuts, popcorn, Peanut Brittle, Doritos, Ice, Hard Candy,
Pens, Some Breads and Pizza Crusts

STICKY FOODS like: All gum, Taffy, Caramel, Fruit Rollups, any chewy
candy

SUGARY FOODS- Foods high in sugar can damage your teeth

CUT UP INTO BITE SIZE PIECES: Apples, Carrots, Celery, Potato Chips

OTHER THINGS TO REMEMBER: Drink Sugar-Free Beverages,
Remove Corn from the Cob