

FRUGÉ

ORTHODONTICS

No-No Food list

Eating these food can result in broken brackets, wires etc. Constant repairs can lead to prolonged treatment time and unnecessary tooth movement. Please **REDUCE** all sugar intake while in braces. This includes sodas and beverages that have a high acid and sugar content.



- **The crust of the pizza** is the best part, and the place where bent wires start.



- **Hard rolls, pretzels and bagels and bones** can knock off braces and wires.



- **Tacos and Doritos** and any other hard crunchy chips should be avoided. Soft tacos are okay to eat and so are soft chips like Pringles and Lays.



- **Popcorn** should be avoided. The kernels can get under the gum tissue and cause inflammation.



- **Nuts** are good too, but we will have to say, NO nuts for you.



- **Apples, raw carrots and other crunchy fruits and veggies** need to be sliced very thin and chewed with the back teeth.



- **Ribs and meats that are on the bone**- Pull meat off the bone with a fork or your finger. Do not use front teeth to bite.



- **Suckers and hard candy** can pop braces off in a flash.



- **Gum, starbursts, skittles and other chewy candy** is a big no-no.



- **Ice** should be avoided.



No chewing on **pens or pencils**.