



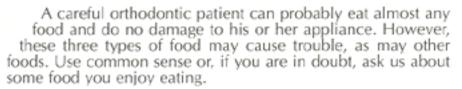


## Eating Habits



## HARD FOODS STICKY FOODS FOODS HIGH IN SUGAR CONTENT

FOODS THAT ARE APPEALING BUT DANGEROUS



HARD FOODS may do damage by bending wires, loosening cement under the bands or breaking the little brackets and tubes which are attached.

STICKY FOODS damage appliances by bending wires and pulling cement loose.

FOODS HIGH IN SUGAR CONTENT you should avoid whenever possible. If you do eat any of them, brush your teeth immediately. If not convenient to brush, then always rinse your mouth with clear water after eating very sweet foods such as cake or pie.



**GUM** 

NUTS

EAT

SWEETS

Popcorn, Nuts, Peanut Brittle DON'T Ice (not even if you're careful)

Lemons (pure lemon juice can hurt your tooth enamel)

Corn-on-the-cob

Corn chips, crisp tacos

Taffy and Caramels

Fruit Fakes, Gummy Bears, etc.

\*Bubble Gum—a thousand times NO!

Pizza Crust (the hard outer edge)



Carrot Sticks (if you cut into carrot curls that are thin) Apples (cut into wedges; don't bite)

Hard French Bread (if you take small pieces and are very careful)

Diet Drinks

\*Some orthodontists allow sugarless gum (not bubble) if in small amounts. Check with your doctor for approval.