

# FOOD FOR ORTHODONTIC THOUGHT

(TO BE POSTED ON YOUR REFRIGERATOR DOOR)



**\*BASIC RULE: AVOID ANY AND ALL FOODS THAT ARE HARD, STICKY OR CHEWY**

## THINGS TO AVOID

ICE-Do not suck or chew on ice.

GUM, CARAMEL, TAFFY-Pulls off wires and feeds the bacteria in your mouth.

PENS, PENCILS, FINGERS, NAILS-Favorite exam time food, breaks everything.

HARD PRETZELS, DORITOS, TACOS, TOSTITOS, CHEETOS, FRITOS and the like.. bends wires, loosens bands, knocks off brackets.

BEEF JERKY, SLIM JIMS-Tough as nails.

SUCKERS, HARD CANDY-You might weaken and bite.

NUTS, SUNFLOWER SEEDS (No nuts of any

RIBS AND CHICKEN BONES-Knocks off brackets.

RAW VEGETABLE, WHOLE FRUIT

HARD CRUSTED BREADS, PIZZA AND BAGELS-Bends wires and knocks off brackets

CORN ON THE COB

## ALTERNATIVES

SHAVED ICE-SNOW CONES

MILKY WAY, 3 MUSKETEERS, MOUNDS, REESES PEANUT BUTTER CUPS

NONE

CHEESE PUFFS, CHEESE BALLS, PRINGLES CHIPS, "SOFT" BAKED PRETZELS-TEAR INTO PIECES

NONE

NONE

NONE

CUT THE MEAT OFF THE BONES

STEAM, SHRED, BOIL, CUT IN PIECES

CENTER OF BREAD, NO BAGEL ALTERNATIVE, CUT PIZZA INTO PIECES

CUT OFF THE COB

**Eating these foods will loosen the braces, but you may not discover the problem until hours later...SURPRISE!**

Loose brackets, bands and broken wires cause a longer treatment time, so it's up to you!

TRIVIA: The Human Jaw Is Capable Of Generating Up To 30,000 Pounds Of Pressure Per Square Inch. That Is Why We Ask For Your Cooperation With Our Food For Thought List. IT'S FOR YOUR BENEFIT.