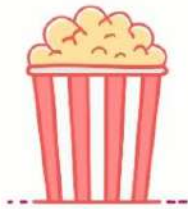


Now you have braces- what can you eat?



Forbidden Hard Foods:

- Hard Candy like Suckers or Jolly Ranchers,
- Jerky
- Pizza Crust
- Nuts
- Thick cuts of meat



Forbidden Crunchy Foods:

- Chips
- Popcorn
- Hard fruits and vegetables like carrots, apples, corn on the cob (cut them into small pieces)



Forbidden Sticky Foods:

- Bubble gum (gum must be sugar-free)
- Taffy
- Gummy candy like gummy worms, gummy bears, peachy rings, Sour Patch Kids
- Licorice
- Caramels
- Chewy candy like Tootsie Rolls, Starburst, Hi-Chews, Skittles



Forbidden Drinks:

- Soda
- Sparkling/carbonated water



Other Forbidden Items:

- Chewing on pencil erasers or pens
- Chewing on Ice