

Foods to Avoid While Wearing Braces

HARD

- Ice
- Nuts
- Popcorn
- Peanut Brittle
- Rock Candy
- Apples (cut into pieces)
- Carrots (cut into pieces)
- Corn (remove from cob)
- Hard Pretzels / Rolls / Bagels
- Hard Tacos / Corn Chips

STICKY

- Jolly Ranchers
- Caramels
- Bubble gum
- Taffy
- Suckers
- Starburst Candy
- Dots / Jelly Candies

CHEWY

- Pizza crust
- Crusty breads
- Beef Jerky
- Gummy Bears
- Avoid chewing on pens and pencils