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Diplomate of the American Board of Orthodontics

Practice Limited to Orthodontics / Dentofacial

Orthopedics

NO-NO LIST

Sticky Foods:		Hard Foods:		
Caramels	Laffy Taffy	Nuts	Hard Candies	Hard mints
Gummies	Fruit Roll Ups	Popcorn	Takis	Granola bars
Sugar gum	Starbursts	Hard pretzels/chips	Cheetos/Hot Cheetos	Ice

Cut Into Pieces:	Tear With Your Fingers:
Apples	Bagels
Carrots	Pizza crusts
Corn on the cob	Jerky

GOOD ALTERNATIVE FOODS

Breads/Grains:		Meats:		
Sliced lunch bread	Muffins w/o nuts	Fish	Steak	Ribs
Soft tortillas	Biscuits/Corn bread	Lunch meats	Hamburgers	Wings
Pancakes/Waffles	Pasta/Rice	Chicken	Hot dogs	**Cut/rip meat into pieces

Sides:	Other:			
Beans	Pudding	Yogurt	Smoothies	Sugar free gum
Cooked veggies	Jell-O	Applesauce	Milkshakes	Cheese
Potatoes	Ice cream	Bananas	Reese's	Soup/Chili

Minimize Sugar Intake & Brush Often!!

Even small amounts of sugar over a long period of time are harmful to your teeth and can cause permanent decalcification.

****=>We cannot include everything on this list. Please use good judgment!<=****

Avoid Chewing on Pens, Pencils, Fingernails

Consume Less	Soft drinks!	
Candy	Desserts	Sweetened juices.
Sugary Snacks	Sweetened Cereals	Sweetened teas.