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### NO-NO LIST

<b>Sticky Foods:</b>		<b>Hard Foods:</b>		
Caramels	Laffy Taffy	Nuts	Hard candies	Hard mints
Gummies	Fruit Roll Ups	Popcorn	Suckers	Granola bars
Sugar gum	Starbursts	Hard pretzels/chips	Jawbreakers	Ice

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

### GOOD ALTERNATIVE FOODS

<b>Breads/Grains:</b>		<b>Meats:</b>		
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	<b>**Cut/rip meat into pieces</b>

<b>Sides:</b>		<b>Other:</b>		
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***

<b>Consume Less</b>	Soft drinks	
Candy	Desserts	Sweetened juices
Sugary Snacks	Sweetened cereals	Sweetened teas