

FOOD LIST

PLEASE POST IN A CONVENIENT LOCATION DURING YOUR
ORTHODONTIC TREATMENT

Loose braces, bent wires, ect. will result in a **LONGER** treatment time. If continual repair is needed, an additional “**Breakage Fee**” at least \$60 will be charged per brace.

The following foods break braces, bend wires, loosen cement, and stick to your braces and teeth making brushing more difficult:

You may **NOT** eat or chew the following items at any time:

Gum – any type	Ice Cubes
Corn on the Cob	Taffy
Licorice	Caramel
Fruit roll ups or chews	Nuts
Jelly Beans	Pizza crust
Pens, Pencils	Tootsie Rolls
Fingernails	Hard Candy
Lolli-Pops	Hard Pretzels

Any other sticky, chewy, or hard foods

The following items must be broken or cut into bite size pieces to eat:

Bagels	Sandwiches
Pizza	Meat
Hard Rolls	Fruits
Soft Pretzels	Vegetables

Use common sense when eating and your orthodontic treatment will go exactly as planned! Good luck!

Signature of Patient

Date

Signature of Parent (if applicable)

Date