



PEDIATRIC DENTISTRY & ORTHODONTICS

**Drs. Delaney, Plunkett,
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Thanasas, Ker & Associates, P.C.**

PEDIATRIC DENTISTRY

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ORTHODONTICS

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DENTAL HEALTH EDUCATOR
Sherri Okerhjelm

Being careful with what you eat is one of the most important patient responsibilities for success with braces.

The following foods should be avoided:

Gum	Ice
Taffy	Hard Candy
Starburst	Breadsticks
Skittles	Hard Taco Shells
Caramel	Peanuts
Fruit Snacks	Popcorn
Gummy Bears / Worms	Marshmallows
Tootsie Rolls	Hard Pretzels
Jolly Ranchers	Beef / Turkey Jerky
Jawbreakers	Corn on the Cob

The following food is okay if cut into bite-sized pieces:

Bagels	Hard Crusty Bread
Pizza (Crust)	Carrots or other
Apples	Crisp Vegetables
Meat	

**If it's hard, sticky or crunchy,
think before you eat!
Never chew on pens or pencils.**

After the 2nd warning, there's a \$25 charge for every broken brace.

"Special Care From The Beginning"

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