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ORTHODONTIST



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### **THE ORTHODONTIC DIET - PROHIBITED FOODS**

**No candy of any kind.** The only exception is thin, plain, chocolate.

**No gum of any kind.** Not even sugarless or gum for "dental work".

**Nothing hard, sticky, or chewy is allowed. Examples:**

Nuts	Doritos or other chips
Popcorn	Hard Bread or rolls
Bagels	Hard cookies
Pizza crust	Jerky/Slim Jims
Hard pretzels	Crunchy cereal
Raw vegetables	Granola bars
Raisins	Fruit Rollups/other chewy fruit snacks
Hard tacos	Apples or like fruit (cooked/cut up)
Croutons	Ice in drinks only (DO NOT CHEW ON ICE)

**Foods that must be bitten off are not allowed. Examples:**

Ribs	Steak on the bone
Chicken	Corn on the cob
Pork chops	

*(note: cut these or similar foods off the bone or cob)*

**Do not chew on pens, pencils or fingernails**

**Limit sugar intake and soft drinks.**

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