

FOODS AND HABITS TO AVOID WHILE WEARING YOUR APPLIANCES

Example of Foods to Avoid

Popcorn
Whole Nuts
Corn Nuts
Hard Taco Chips (Doritos, etc)
Pepperoni Sticks
Hard Granola Bars

Example of Hard Candy to Avoid

Jolly Ranchers
Now and Laters
Suckers
Jaw Breakers

Example of Sticky Candies to Avoid

Taffy
Caramel
Tootsie Rolls
Milk Duds
Sugar Daddys
Gummy Bears

Example of Foods that should be cut up

Pizza
Apples
Raw vegetables (carrots, celery)
Steak
Corn on the Cob
Pork or Beef Ribs
Chicken

Example of Habits to Avoid

Biting Fingernails
Chewing ice
Chewing on pens and/or pencils