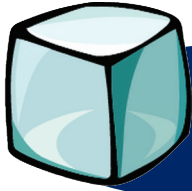
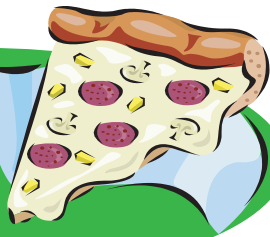


DR. G'S... FOODS TO AVOID

Pizza Crust

The hard crust can bend the wires.



Ice...NEVER

It will damage your braces.



Corn on the Cob

Slice corn off the cob.



Hard Pretzels

Bends wires, loosens bands and loosens brackets.



Apples

Slice into bite size pieces.



Hard Rolls, Bagels

Bends the wires and loosens the brackets.

Doritos, Tacos, Tostitos, Cheetos, Fritos and the like

Will form a hard ball and break your braces.



Beef Jerky, Slim Jims

Tough as nails.



Lollipops and Hard Candy

You may weaken your braces when you bite into them.



Popcorn

The little kernels get between the gum and the band. This can be very painful.



Nuts

No nuts of any kind!



Raw Carrots

Too hard. Slice them very thinly or avoid them.

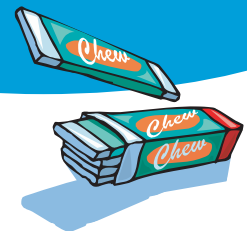


Pens and Pencils

Favorite exam food; damages wires and brackets.

Caramel Candy, Bubble Gum, Taffy

Is sticky and will pull off wires and feed the bacteria in your mouth.



THE BRACE PLACE
ORTHODONTICS

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