

Official No-No List

AVOID ALL HARD, STICKY OR CHEWY FOODS SUCH AS:

***ICE...** A thousand times, NO! It will totally destroy braces.

***PIZZA CRUST...** The hard crust bends wires.

***HARD PRETZELS...** Bends wires, loosens bands, and knocks off brackets.

***DORITOS, TACOS, TOSTITOS, CHEETOS, FRITOS, etc...** Will form a hard ball and break your braces.

***CARMEL CANDY, BUBBLE GUM...** Sticky goo which pulls off wires and feeds the bacteria in your mouth.

***HARD ROLLS, BAGELS...** Bends the wire and knocks off the brackets.

***BEEF JERKY, SLIM JIMS...** Tough as nails.

***SUCKERS, HARD CANDY...** Loosens bands and knocks off brackets.

***NUTS...** No nut of any kind.

***RIBS...** Knock off brackets.

***PENS AND PENCILS...** Favorite exam-time snack. Break everything.

***POPCORN...** The little shells get between the gum and band and will hurt like crazy.

***RAW CARROTS...** Hard as rocks.