



EATING WITH BRACES

TOO BIG TO BITE - CUT IT UP! TOO HARD TO CHEW - DON'T EAT IT!

BEEF JERKY - do not eat

BREAD CRUST/PIZZA CRUST - cut into small bites

CANDIES - do not bite

CHIPS - small pieces only

GUM - sugarless only, and no bubblegum (of any kind)

ICE - do not chew

MEATS - cut from the bone

NUTS - do not eat

PENS & PENCILS - do not chew

POPCORN - do not eat the kernels

RAW FRUITS & VEGETABLES - cut into small bites