



# Food Restrictions

## Life with Orthodontic Appliances

EXAMPLES OF FOOD TO AVOID DURING ORTHODONTIC TREATMENT

### Sticky Foods

Gummy Worms  
Gummy Bears  
Gum  
Carmel candies  
Tootsie Rolls  
Sour Patch Kids  
Twizzlers/Red Vines  
Starbursts  
Candy Corn  
Milk Duds  
Swedish Fish  
Gummy Life Savers  
Fruit Snacks  
Peach Rings  
Laffy Taffy  
Air Heads  
Circus Peanuts  
Sugar Babies  
Dots  
Jelly Beans  
Hi-Chew Candy  
Salt Water Taffy  
Now and Laters  
Bite-O-Honey  
Trolli Brand Candy  
Red Hots  
Mamba Candy  
Mike and Ike's  
Sweet tarts Rope  
Nerds Rope  
Skittles  
Rice Krispie Treats  
Peeps  
Sour Punch Straws  
Good and Plenty

### Hard Foods

Jolly Ranchers  
Lemon Heads  
Ring Pops  
Push Pops  
Dum Dum suckers  
Carmel Apple Suckers  
Tootsie Pops  
Blow Pops  
Baby Bottle Pops  
Fun Dip  
Runts  
Smarties  
Candy Necklaces  
Pez Candy  
Bon Bons  
Werther's Candy  
Candy Hearts  
War Heads  
Mints  
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Raw Vegetables  
Corn Chips  
Croutons  
Hard Pretzels  
Hard cookies and crackers  
Snacking Nuts: Peanuts, Cashews,  
Almonds, Walnuts, etc.  
Kettle Chips  
Food that contains Nuts:  
Brownies, Banana Bread, Fudge, M&Ms  
Cheese-Itz  
Hard Shell Tacos  
Popcorn  
Food with seeds

### Chewy Foods

Italian Bread  
Protein Bars  
Granola Bars

### Bite-and-Pull Foods

You may still enjoy these foods by cutting them up into smaller bite size pieces

Corn on the Cob  
Pizza  
Breadsticks  
Soft Pretzels  
Beef Jerky  
Sub Sandwiches  
Bagels  
English Muffins  
Apples  
Pears  
Plums  
Peaches  
Chicken Wings  
Rib on the Bone

### Avoid

Biting Nails and Cuticles  
Playing with Appliance with Tongue  
Chewing on Pen Caps and Pencils  
Picking at Appliance with Fingers, Pens,  
Toothpicks, etc.