

Sierra Dental & Orthodontics

General Family Dentistry * Orthodontics

Dedicated to Providing the Finest Orthodontics Care

FOODS TO AVOID

FOODS THAT ARE HARD

Ice
Bagels
Pretzels
Nuts
Pizza Crust
Popcorn
Beef Jerky
Meat on the bone
Raw Carrots

FOODS THAT ARE STICKY

Gum
Gummy Bears
Now & Laters
Caramels, Ju Ju Bees
All Types of Super Sticky Candies

REMEMBER: Cut everything you eat into bite size pieces

Broken braces DELAY the completion of treatment

1 BROKEN BRACE = 1 MONTH ADDED TO TOTAL TREATMENT TIME

To complete you treatment on time, **please avoid** these foods!!

