



# NO-NO LIST!



(To Be Posted On Your Refrigerator Door)

## THINGS YOU CANNOT EAT, CHEW or ANYTHING WHILE IN BRACES!

**ICE** - A thousand times NO. It will totally destroy your braces.

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

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

**DORITOS, TACOS, TOSTITOS, CHEETOS, FRITOS and the like** - Will break off brackets.



**CARAMEL CANDY, CHEWING GUM** - Sticky goo which pulls off wires and braces.

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

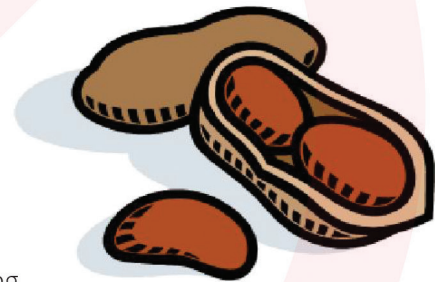
**BEEF JERKY** - Tough as nails.

**SUCKERS** - Too hard and full of sugar.

**NUTS** - No nuts of any kind.

**RIBS** - Knocks off brackets, remove meat from bone.

**PENS and PENCILS** - Favorite exam time food, breaks everything.



**POPCORN** - The little shells get between the gum and bands-hurts you like crazy.

**RAW VEGETABLES and FRESH FRUITS** - Should be cut into small pieces.

**CORN ON THE COB** - Cut corn off the cob.

**ANYTHING STICKY** - This includes baking that is made with molasses and marshmallows, caramel, or homemade candy.