



THINK BEFORE YOU BITE!

Hard lollies, caramel, bubble gum or chewing gum

Anything hard is going to cause damage. Think before you eat it!

Ice blocks

Ice is the enemy of braces and is an absolute no-no. Eating ice will crack the cement that bonds the braces to the teeth. Don't even suck on it. It only takes one single little bite and...crack!

Hard bread

It bends the wire and knocks off the brackets.

Pizza crust

Pizza itself is not too bad, but resist the urge to eat that crusty crust.

Corn chips

If it makes a crunch when you bite it, avoid it.

Nuts

Love them or hate them, nuts will cause a crack every time. Avoid them.

Popcorn

If the little shells get caught between your braces and the gum, they can irritate your gums. Popcorn contains hard bits, which will break off your braces.

Pens and pencils

You laugh, but look around the room during class and see how many people chew on their pens. Be warned, it only takes one bite to damage your braces.

Carrots and apples

We know they're healthy, but eating raw carrots and apples is one of the easiest ways to damage your braces. Try cooking them or, if you must have them raw, slice 'n dice them.

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