



# My Orthodontist

CHANGING PEOPLE'S LIVES, ONE SMILE AT A TIME



Ron Saffar, DDS • Orthodontist

## Diet Restrictions

This list is not all comprehensive but will give you an idea of what foods to avoid.

### ALL GUM

Sugarless and Bubble

### ALL STICKY & CHEWY FOODS

#### A few examples:

Caramel	Jelly Beans	Fruit Snacks	Tootsie Rolls
Licorice	Gum Drops	Marshmallow Snacks	Sugar Daddies
Taffy	Skittles	Starburst	

### ALL HARD & CRUNCHY FOODS

#### A few examples:

Life Savers	Doritos	Ice
Lollipops	Candy Apples	Nuts
Pretzels (soft or hard)	Cape Cod Chips	Sugar Ice Cream Cones
Fritos	Popcorn	All Ice Cream that Contains Nuts

### HARD CRUSTY BREADS

#### A few examples:

Pizza Crust	Bagels (toasted or not toasted)
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### PLEASE CUT UP INTO BITE SIZE PIECES

Apples	Raw Celery	Pears
Peaches	Cut Corn Off the Cob	Raw Carrots

**Please cut all meat from the bone.**

**Please continue all present fluoride treatments and regular dental visits.**

**Rinse daily with a fluoride rinse.**

### EXAMPLES OF FOODS TO ENJOY

Donuts	3 Musketeers Bars	Pitted Olives
Plain Chocolate Bars	Cheese Puffs	Cheese
Ice Cream	Rice Puffs	Creamy Peanut Butter
Soft Cookies	Apple Sauce	Soft Tacos

**If you pay attention to this diet restriction list, you will finish your treatment in record time!**

\*Avoid pillow fights, and please wear your orthodontic mouth guard while wrestling and playing all contact sports.

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