



## Direction concerning food and snacks

### **Forbidden Food** (not to be eaten):

- anything that is sticky
- all chewing gum
- all types of caramel ( toffee, kraft, etc. )
- sponge toffee
- rice krispies squares
- liquorice
- fruit roll-ups
- jujubes
- granola bars and others
- nuts of any kind, including peanuts

**Hard candy:** let it melt (do not bite or crunch) and brush your teeth right after.

**Meat:** do not eat too close to the bone (chicken, pork, beef, «T-bone», veal, etc...)

### **Permitted Food** under condition:

- hard vegetables must be cut into small pieces or sticks (carrots, celery, cucumbers, turnips, radishes, etc...)
- hard fruits must be cut into quarters or into small pieces (apples or others)
- all fruits with a pit: pit to be taken out or cut around (cherries, olives, peaches, plums, etc...)
- all types of hard bread (bread sticks, melba toast, crusty bread, etc...) must be cut into small bite size pieces.
- corn on the cob must be taken off the cob before eating, do not bite on the cob.
- pop corn: careful not to bite on a kernel that has not popped.

### **ATTENTION!**

Patients who bite their nails, or tend to bring objects to their mouths (pencils, etc...) risk debonding the brackets

This list is to give a brief example and is not complete. Patients and their parents must, under any circumstances, use good judgement.

We would like to thank you for your collaboration.