

# **Food List**

## **Candy you should NOT eat:**

Baby Ruth Bar  
Bit of Honey  
Bubble Gum  
Butterfinger  
Caramel Corn  
Caramel Apples  
Charleston Chew  
Dots  
Frozen Candy Bars  
Fruit Roll Ups  
Gummy Bears  
Good and Plenty  
Heath Bar  
Jaw Breakers

Licorice  
Life Savers  
Milk Duds  
Milky Way  
Peanut Brittle  
Red Hots  
Skittles  
Snickers Bar  
Sour Patch Kids  
Starbursts  
Taffy  
Jolly Ranchers  
Lolly Pops  
Tootsie Rolls

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## **Other foods you should NOT eat:**

Whole apples (must be cut into at least four pieces)  
Whole carrots (must be sliced)  
Corn on the Cob  
Bagels (any type)  
Hard Rolls or Bread (Italian Bread)  
Submarine Sandwiches (Subway sandwiches are okay)  
Ice Cubes  
Beef Jerky  
Crunchy Pizza Crust  
Tortilla Chips or other crunchy chips  
Popcorn

## **Reminder:**

We have tried to list the most common foods to stay away from during your orthodontic treatment. You should also stay away from any other foods that are similar to these.