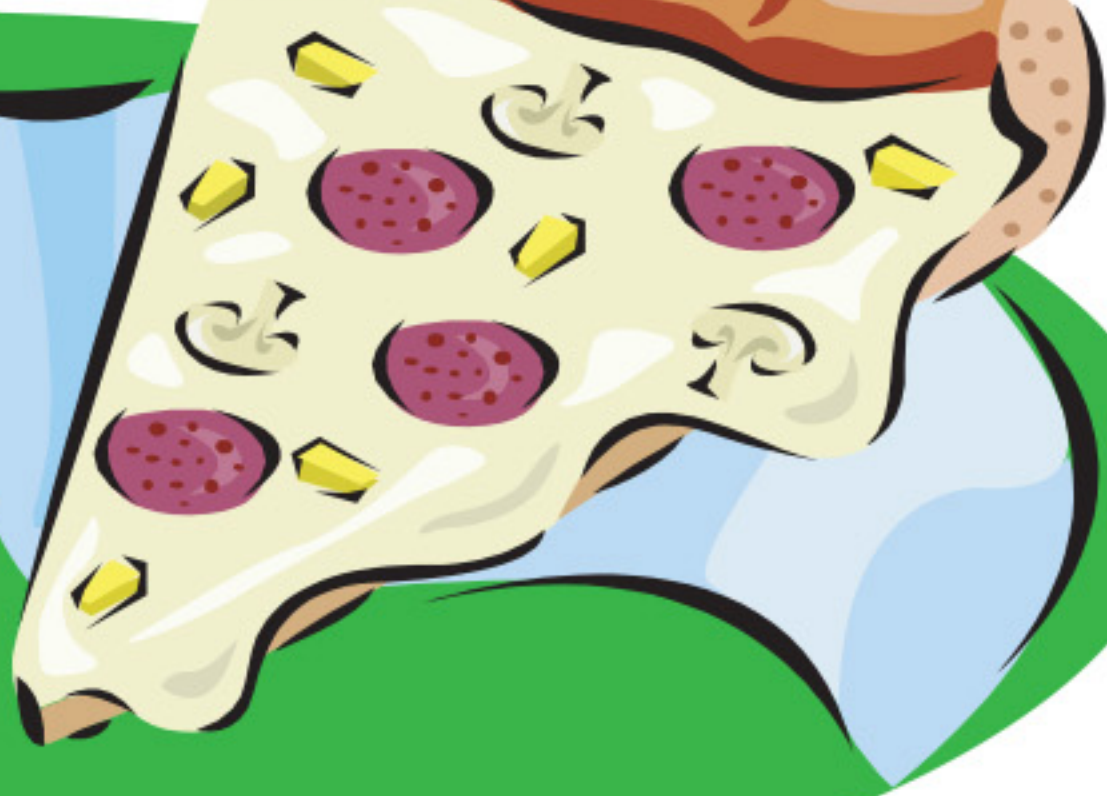


DR. G'S... FOODS TO AVOID



Pizza Crust
The hard crust can bend the wires.



Ice...NEVER
It will damage your braces.



Corn on the Cob
Slice corn off the cob.




Hard Pretzels
Bends wires, loosens bands and loosens brackets.



Apples
Slice into bite size pieces.



Hard Rolls, Bagels
Bends the wires and loosens the brackets.




Doritos, Tacos, Tostitos, Cheetos, Fritos and the like
Will form a hard ball and break your braces.



Beef Jerky, Slim Jims
Tough as nails.



Lollipops and Hard Candy
You may weaken your braces when you bite into them.



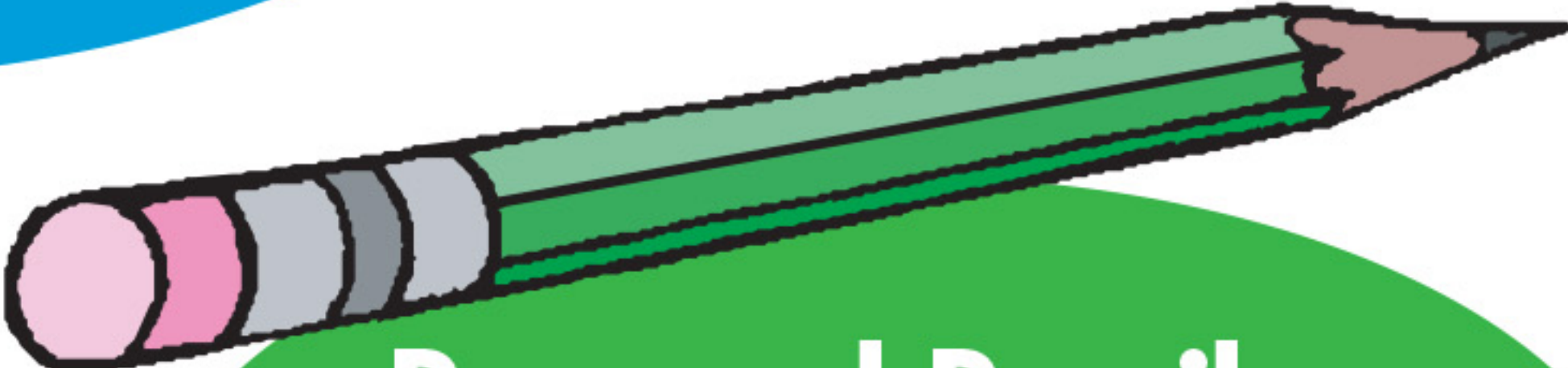
Popcorn
The little kernals get between the gum and the band. This can be very painful.



Nuts
No nuts of any kind!



Raw Carrots
Too hard. Slice them very thinly or avoid them.



Pens and Pencils
Favorite exam food; damages wires and brackets.



Caramel Candy, Bubble Gum, Taffy
Is sticky and will pull off wires and feed the bacteria in your mouth.