



THE NO-NO FOOD LIST

THE CRUST of the PIZZA is the best part, and the place where the bent wires start.

HARD ROLLS & PRETZELS & BAGELS & BONES knock off brackets & wires, so leave them alone.

DORITOS & TACOS and all the rest will form a hard ball... make your braces a mess.

POPCORN & movies are fun for all, but the pain they cause is no fun at all.

NUTS are always very good too, but we'll have to say, no nuts to you.

SLIM JIMS are fun to eat, but for wreaking your braces they're hard to beat.

RIBS & MEATS that are on BONE.... The kind of foods you should leave alone.

RAW CARROTS & rabbits go together well, and the damage they cause is easy to tell.

HARD CANDY is always a sweet delight, but damage your braces if you ever bite.

CARAMEL CANDY, JU-JU BEANS & ALL GUMS are a gooey mess, and lots of fun. But they pull off the brackets and feed your bacteria, so my friend, don't let it get near ya.

PENS & PENCILS are food for thought, but try to think of the havoc they wrought.

ICE is nice in the heat we all know, but they destroy all your braces, a thousand times no!