



Long Orthodontic Associates, LLC  
[www.loasmiles.com](http://www.loasmiles.com)

## TYPES OF FOODS TO AVOID

### **STICKY FOODS:**

*RULE OF THUMB:* if, after biting into a food, you have trouble getting your teeth apart – it is too sticky.

EXAMPLES: TAFFY, CARAMEL, LICORICE, GUMMY CANDY, REFRIGERATED/FROZEN CANDY BARS, CHEWING GUM

### **HARD FOODS:**

*RULE OF THUMB:* if you can't easily break the food with your fingers or cut it with a knife, it is too hard.

EXAMPLES: ICE, HARD PRETZELS, POPCORN KERNELS, HARD PIZZA CRUST, MEAT ON BONES, HARD CANDIES OR LOLLIPOPS

Due to the high acid content of diet and regular soft drinks, you should brush your teeth immediately after consuming to avoid the risk of decalcification (white marks) and cavities and limit consumption of such beverages.

**REMEMBER:** taking care of your braces keeps them working for you and will prevent extra appointments, allowing us to remove your braces as soon as possible.

THE DOCTORS AND STAFF OF LONG ORTHODONTIC ASSOCIATES

1801 Fruitville Pike, Lancaster, PA 17601 717.569.7001