

THE "NO" FOOD LIST

The **CRUST** of the **PIZZA** is the best part, and the place where all of the bent wires start.

A **HARD ROLL** or **PRETZEL** or **BAGEL** or **BONE**, will knock off your braces so leave them alone.

DORITOS and **TACOS** with shells that are hard can be feed to the birdies in the backyard.

POPCORN and movies are fun for all, but the pain **POPCORN** causes is no fun at all.

BEEF JERKY and **SLIM JIMS** are fun to eat, but for wrecking your braces, they're hard to beat.

All **RIBS** and **MEATS** that are found on the **BONE** are the types of foods that should be left alone.

CORN ON THE COB you should never eat, but removed from the cob it can taste just as sweet.

RAW CARROTS and **HARD FRUITS** are good for you body, but they damage your braces which is very naughty.

HARD CANDY and **LOLLIPOPS** are a sweet delight, but will damage your braces if you ever bite.

CARMEL and **TAFFY** and **ALL TYPES OF GUM**, stick to your braces which isn't much fun.

Biting **ICE** from a cool drink is refreshing I know, but it destroys your braces, so 1000 times NO!

Biting your **FINGER NAILS** is a hard habit to break, but doing it with braces is a big mistake.

PENS, PENCILS and **POPSICLE STICKS** can ruin your braces; if you chew them they cause lots of unhappy faces.

You've read our poem and now you've found out all the foods on the "NO" list are the foods to leave out.

If you want to eat foods you're not sure are all right, give us a call before taking a bite.

It's tough to stop eating these foods for a while, but remember it's all for a beautiful smile.

Good Luck!

Paulo Nogueira DMD, MSD and Staff