

Food List

Things to Avoid Eating, Drinking, or Chewing

ICE	BUBBLEGUM
HARD PIZZA CRUST	STARBURST
DORITOS	SKITTLES
TOSTITOS	FRUIT ROLL-UPS
HARD TACO SHELLS	POPCORN
CRUNCHY CHEETOS	TAFFY
RAW CARROTS	CARAMEL
NUTS	HARD CANDY
HARD ROLLS	SLIM JIMS
TOASTED BAGELS	BEEF JERKY
CORN ON THE COB	TOOTSIE ROLLS
MEAT ON THE BONE	JOLLY RANCHERS
GRANOLA BARS	SODA POP
APPLES	JUICE WITH HIGH SUGAR
KETTLE COOKED CHIPS	

****DO NOT CHEW ON PENS OR PENCILS

****This list is only a portion of the things you need to avoid during your treatment. All sticky and crunchy foods will cause breakage and should be avoided.

What to Eat When Your Teeth Are Sore

SOUP	SMOOTHIES
OATMEAL	ICE CREAM
POTATOES	PUDDING
PANCAKES	SOFT COOKIES
BANANAS	APPLESAUCE
MUFFINS	STEAMED VEGETABLES
AVOCADOS	RICE
TOMATOES	ICEES / POPSICLES
PASTA	SOFT TACOS
EGGS	SOFT DINNER ROLLS
FISH	BEANS
CHICKEN	YOGURT