



Jarosz & Valente Orthodontics, P.C.

Practice Limited to Orthodontics

Children & Adults

www.jvortho.com

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Food List

Candy you should NOT eat:

Baby Ruth Bar
Bit of Honey
Bubble Gum
Butterfinger
Caramel Corn
Caramel Apples
Charleston Chew
Dots
Frozen Candy Bars
Fruit Roll Ups
Gummy Bears
Good and Plenty
Heath Bar
Jaw Breakers

Licorice
Life Savers
Milk Duds
Milky Way
Peanut Brittle
Red Hots
Skittles
Snickers Bar
Sour Patch Kids
Starbursts
Taffy
Taffy Apples
Tootsie Roll Pops
Tootsie Rolls

Other foods you should NOT eat:

Whole apples (must be cut into at least four pieces)
Whole carrots (must be sliced)
Corn on the Cob
Bagels (any type)
Hard Rolls or Bread (Italian Bread)
Submarine Sandwiches (Subway sandwiches are okay)
Ice Cubes
Beef Jerky
Crunchy Pizza Crust
Tortilla Chips or other crunchy chips
Popcorn

Reminder:

We have tried to list the most common foods to stay away from during your orthodontic treatment. You should also stay away from any other foods that are similar to these.