

Foods to Avoid with Braces

- **Chewy foods - bagels, licorice, pizza crust, French breads**
- **Crunchy foods - popcorn, chips, ice, hard candies including lollipops, thick pretzels**
- **Sticky foods - caramel candies, chewing gum, gummy candies**
- **Hard foods - nuts, hard candies**
- **Foods that require biting into - corn on the cob, apples, carrots, ribs and chicken wings**