



**PEDIATRIC DENTISTRY & ORTHODONTICS**

**Drs. Delaney, Plunkett,  
Ralstrom, Makowski,  
Thanasas, Ker & Associates, P.C.**

**PEDIATRIC DENTISTRY**

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**DENTAL HEALTH EDUCATOR**  
Sherri Okerhjelm

**Being careful with what you eat is one of the most important patient responsibilities for success with braces.**

*The following foods should be avoided:*

Gum	Ice
Taffy	Hard Candy
Starburst	Breadsticks
Skittles	Hard Taco Shells
Caramel	Peanuts
Fruit Snacks	Popcorn
Gummy Bears / Worms	Marshmallows
Tootsie Rolls	Hard Pretzels
Jolly Ranchers	Beef / Turkey Jerky
Jawbreakers	Corn on the Cob

*The following food is okay if cut into bite-sized pieces:*

Bagels	Hard Crusty Bread
Pizza (Crust)	Carrots or other
Apples	Crisp Vegetables
Meat	

**If it's hard, sticky or crunchy,  
think before you eat!  
Never chew on pens or pencils.**

*After the 2nd warning, there's a \$25 charge for every broken brace.*

***"Special Care From The Beginning"***

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