

**WHAT TO EAT AND NOT TO EAT**  
**A QUICK REFERENCE GUIDE FOR DR. TSINTOLAS' PATIENTS**

**EXAMPLES OF HARD FOODS TO AVOID**

- candy..... Lifesavers | lollipops | blowpops  
candy bars | chocolate bars
- nuts ..... whole nuts | crushed nuts | sliced nuts  
sunflower seeds | pumpkin seeds
- dehydrated foods ..... Slim Jims | beef jerky  
dried fruit | dried vegetables
- salad toppings ..... croutons | bacon bits
- popcorn ..... freshly popped popcorn |  
movie popcorn | packaged popcorn  
Cracker Jack | flavored popcorn
- hard french fries
- crackers..... saltines | Goldfish | Lunchables
- crunchy snack items..... potato chips  
pretzels | Cheetos | Doritos  
nachos | rice cakes
- taco shells
- pizza crust, hard bread crust
- frozen items..... ice cubes | crushed ice  
popsicles | creamsicles  
ice cream cookie sandwiches  
ice cream cones | ice cream sandwiches  
ice cream topped with nuts or candy  
ice cream with nuts or candy mixed in
- dry breakfast cereal
- granola ..... granola | granola cereal | granola bars
- trail mix
- Pop-Tarts
- cookies ..... hard cookies | firm cookies  
crunchy cookies | cookies with nuts  
cookies with candy pieces
- burnt, hard cheese on top of food ..... pizza  
lasagna | mac & cheese
- crunchy, hard rice or noodles

**EXAMPLES OF STICKY FOODS TO AVOID**

- candy..... taffy | caramel | gummy bears  
fruit roll-ups | Tootsie Rolls | Skittles  
Starburst | candy bars | Jolly Ranchers
- gum ..... regular gum | bubble gum | sugar-free gum
- gummy ..... gummy vitamins | candy

**EXAMPLES OF FOODS TO MODIFY**

- chewable vitamins, Tums ..... crush before eating
- apples, carrots, celery, pickles..... cut into small pieces
- fruit with pits.....remove pit and cut fruit
- meat on bones..... cut meat from bones
- meat on skewers..... remove skewer, cut meat
- bagels, chewy bread/rolls, English muffins ..... cut up
- pizza .....remove crust and cut up
- corn-on-the-cob ..... cut corn from the cob
- big sandwiches, subs, Hot Pockets.....cut into small pieces
- hamburgers, hotdogs.....cut into small pieces
- bread/rolls with hard crust, pizza ..... remove crust

**EXAMPLES OF HABITS TO AVOID**

- pencil/pen/toy biting and chewing
- fingernail biting and chewing

**FOOD SUGGESTIONS**

- soft fresh fruit, cut up fruit, canned fruit, applesauce
- string cheese and other soft cheeses
- soft flour tacos
- bread and rolls with soft crust
- dry cereal soaked and softened in milk
- oatmeal
- pancakes, french toast
- eggs
- pasta
- soft rice
- ground meat
- soft chicken, bones removed
- lunch meats
- fish and crab cakes
- mashed potatoes, soft cooked vegetables
- soup [with or without soaked and softened crackers]
- cakes, cupcakes [without nuts and candy pieces]
- Twinkies, HoHos
- muffins [without nuts and candy pieces]
- soft brownies [without nuts and candy pieces]
- pudding, yogurt, Jell-O
- ice cream in a bowl [without nuts or candy]
- milkshakes
- soft pretzels
- soft batch cookies [without nuts or candy]

**RULES OF THUMB**

Don't take bites out of food with your front teeth- cut food into manageable pieces and chew on back teeth.  
[Sandwiches, apples, etc.]

Hard, crunchy, crispy, tough, and chewy foods break brackets off teeth, loosen bands, bend wires, and damage appliances.

Popcorn is *notorious!* Hard kernels damage braces. Hulls slip under the gum, nestle in, & hide! Orthodontic patients can develop a gum infection!

Sticky foods loosen bands, bend wires, and get stuck all over brackets, bands, wires, and appliances.