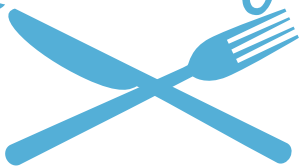


# Think before you bite



Soft drinks  
Sports drinks  
Lollies & sweets  
Chewing gum



Crusty bread  
Biscuits  
Nuts  
Muesli Bars  
Biting your nails!

Try to avoid foods that are hard, sticky or sugary

Apples  
Carrots  
Corn



Chips/crisps  
Deep fried food  
Pizza

Eat these carefully by cutting up & using your back teeth

Chopped fruit & veggies  
Cheese  
Yoghurt  
Bread



Rice  
Pasta  
Noodles  
Chopped meat

Enjoy seconds - soft food, dairy, low sugar

Foods high in sugar can cause major issues like cavities. Foods that are too hard or sticky can damage your braces & wires. Cutting up fruits & vegetables & chewing them on your back teeth can be a great way to avoid breakages.



Any questions? Email any time  
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