

## “FOOD LIST”

The **CRUST** of the **PIZZA** is the best part, and the place where the bent wires start.

**HARD ROLLS & PRETZELS & BAGELS**, knock off brackets and wires, so leave them alone.

**DORITOS & TACOS** and all the rest will form a hard ball.... make your braces a mess.

**POPCORN** & movies are fun for all, but the pain it causes is not fun at all.

**NUTS** are always, very good too, but we'll have to say, **NO** nuts to you.

**BEFF JERKY & SLIM JIMS** are fun to eat, but for wrecking your braces they're hard to beat.

**RIBS & MEATS** that are on the **BONE** the kind of foods, you should leave alone.

**RAW CARROTS** & rabbits go together well, and the damage it causes is easy to tell.

**SUCKERS** are always a sweet delight, but damage your braces if you ever bite.

**CARMEL CANDY, GUMMIE BEARS & ALL GUM**, are a gooey mess, and lots of fun. But they pull off your brackets, and feed your bacteria, so my good friend, don't let it get near you.

**PENCILS & PENS** are food for thought, but try to think of, the havoc they wrought.

**ICE**....Is nice in the heat we all know, but they destroy all your braces, a thousand times **NO**.

Eating these foods will loosen the braces, with delay on both Treatment, and Improvement of faces. So avoid these foods, whether girl or boy, for your new healthy smile, will give us joy. The braces won't last, forever you know, and when it's all Over.... **YES-YES not NO-NO**.

**PLEASE POST ON YOUR REFRIGERATOR DOOR!**