



EATING WITH BRACES

ENJOY



Soup
Mashed Potatoes
Mac & Cheese



Smoothies
Milk Shakes



Pasta
Ravioli



Ice Cream



Sliced Bananas
Apple Sauce
Diced Peaches



Scrambled or
Hard Boiled
Eggs



Tuna Salad
Baked Fish



Cooked Carrots
Avocados



Pancakes



Yogurt
Pudding
Oatmeal

AVOID



Hard Candy
Caramels
Gummy Bears
Taffy



Chewing Ice



Apples
Raw Carrots
Corn On The Cob



Nuts



Cheetos
Chips



Bagels
Hard Bread
Pizza Crust



Popcorn