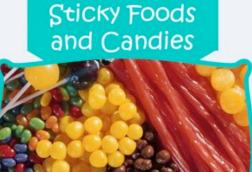
Foods to avoid with Braces





Hard Foods

modify the following



Raw Broccoli or Cauliflower thin or small pieces





AVOID chewing on hard objects such as pens and pencils!!

AVOID sodas and other sugary drinks as they can cause tooth decay!!



