

Diet Restrictions

The following foods should not be eaten because they can damage the appliances:

NO

Sticky Food

- gum
- caramels
- starburst
- taffy
- tootsie rolls
- etc

No

Hard Food

- nuts
- Doritos
- Hard bread
- Hard pizza crust
- Hard pretzels
- Be sure to cut up apples & carrots and chew them carefully with your back teeth
- etc

In order to reduce the risk of having permanent stains or cavities, you should limit your consumption of

- Candy
- Ice cream
- Cookies
- Soda
- Sports drinks