



ortho info from rto

F O O D G U I D E L I N E S

Avoid any hard, sticky or chewy foods

Hard Popcorn, nuts, peanut brittle, ice, corn chips, Doritos, pretzels, bagels, subrolls, pizza crust, hard candy, lollipops, jawbreakers, etc. Corn may be eaten as long as it is cut off the cob first. Slice hard fruits and vegetables such as carrots, celery, and apples into bite size pieces and chew on your back teeth.

Sticky Gum (sugarless, Freedent and Stick Free gum), caramel, taffy, gumdrops, Starbursts, Gummy Bears, Sugar Daddy, Charleston Chew, Snickers, Fruit Roll Ups, etc.

Chewy Beef jerky, Slim Jims, granola bars. Meats such as chicken, steak, spare ribs, and pork chops may be eaten but please cut meat from the bone.

Hints Instead of biting down into foods with your front teeth, you may find it easier to use a fork and knife to cut food into bite size pieces.

One way to damage your appliances is picking at them or playing with them. Chewing on pens and pencils can cause brackets to break.

Remember If anything becomes loose or broken, **call the office** as soon as possible for instructions.

Thank you for your cooperation and Good Luck!

Please Post This on the Refrigerator Door.

