

KATHLEEN  
**VALENCIA**  
ORTHODONTICS



### **HABITS THAT MUST STOP**

- The crust of the pizza is the best part, and the place where the bent wires start.
- Hard rolls & pretzels & bagels & bones knock off the brackets & 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 that it causes, is no fun at all.
- Nuts are always very good too, but we'll have to say "NO" nuts to you.
- Beef Jerky & Slim Jims are fun to eat, but for wrecking your braces they are 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 will damage your braces if you bite.
- Caramel Candy, Ju-Ju Beans & All Gums are a gooey mess and lots of fun. But they pull off the brackets and feed your bacteria, so my good friend, don't let it get near ya.
- Pens & Pencils are food for thought, but try to think of the havoc they'll wrought.
- Ice is nice in the heat as we know, but it will destroy your braces. A thousand times No!