

THE NO-NO FOOD LIST

The **CRUST** of the **PIZZA**, is the best part, *and the place where, the bent wires start.*

HARD ROLLS & PRETZELS & BAGELS, *knock off 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 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're hard to beat.*

RIBS & MEATS that are on the **BONE**... *the kind of foods that 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 damage your braces if you ever 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 the wrought.*

ICE... is nice in the heat we all know, *but they destroy all your braces, a thousand times NO.*

Eating these foods will loosen the braces, with delays in both Treatment, and Improvement of faces. So avoid these foods, whether girl or boy, for your new healthy smile, will give us all joy. The braces won't last, forever you know, when its all over... YES-YES not NO-NO.

**PLEASE POST ON YOUR
REFRIGERATOR DOOR**