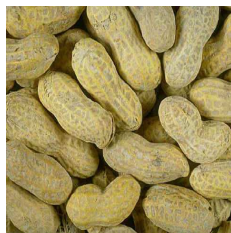


## **Hard Foods to Specifically Avoid** **For Temporaries and Braces until they are removed** **Surgery and Dentures for the first week** **Fillings, Crowns and Bridges for the first day**

Hard raw fruits and vegetables (apples, corn-on-the-cob, carrots)  
Hard rolls  
Tough meats (steaks, ribs, Italian beef, beef jerky)  
Bones and fruit pits  
Hard chips (Tortilla, Krunchers)  
Popcorn  
Hard and chewy candies (taffy, caramel, jawbreakers)  
Gum or gummy candy (even if sugarless)  
Pizza  
Granola bars and cookies are usually a problem, even if “soft”  
Nuts and seeds  
Ice



## **Some Suggested Soft Foods** **(Similar Foods are also OK)**

Soups  
Jellos  
Potatoes  
Macaroni and cheese and most well-cooked Pasta or noodles  
Eggs and most meats  
Soft breads, soft cereals, hot cereals  
Soft cooked or canned vegetables  
Salads are usually OK, use your discretion  
Soft cheeses  
Soft ice cream and shakes  
Rice or similar cooked grains  
Beans