BRACES FOOD GUIDE

Print & keep on your fridge

EAT

pasta, scrambled eggs, yogurt, soup, mashed potatoes, smoothies, bananas, oatmeal, soft fish, rice, cooked vegetables, cheese, soft fruit, sandwiches on soft bread.

EAT WITH A TWEAK

Apples and carrots in thin slices; corn cut off the cob; pizza without the hard crust edge; soft-shell tacos; meat cut small with a fork and knife; Cuban bread and subs soft, not toasted; stone crab meat picked out, never cracked with teeth.

AVOID

ice, hard candy, nuts, hard pretzels, popcorn, caramel, taffy, gummies, gum, bagels and tough bread, beef jerky, whole apples, raw carrots, corn on the cob, chips, hard taco shells.

IF SOMETHING BREAKS

Wax on anything sharp, save the bracket, call (813) 427-2237.

OUR OFFICES

Tampa: Mon, Tue, Thu 8am to 7pm; Fri 8am to 2pm (closed Wednesdays). Brandon: Wednesday 8am to 4pm. Apollo Beach: Tuesday 8am to 4pm.