

Please note that these are just some examples, and the lists do not include everything. If you have a doubt about eating something, it may be better to avoid it.

FORBIDDEN HARD FOODS:



Hard Candy



Ice

Jerky



Pizza Crust

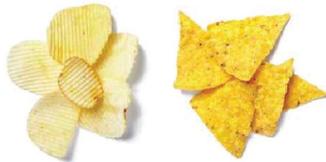


Nuts



FORBIDDEN CRUNCHY FOODS:

**Chips
(Potato or Corn)**



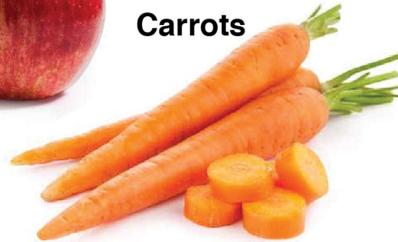
Popcorn



Apple



Carrots



**Corn on
the Cob**



FORBIDDEN STICKY FOODS:

Gum



Taffy



**Gummy
Bears**



**Caramels
(Apples)**



Soda



Licorice



Chewy Candy



Do not bite into whole fruits and vegetables such as apples and carrots. Please cut them into small pieces and chew with your back teeth. It is best to steam vegetables to soften them. Remove corn kernels off the cob before eating them. Avoid sodas and other drinks that contain sugar as they can cause tooth decay. Lastly, avoid **CHEWING** on hard objects such as pens and pencils.

