

## Food & Habits to Avoid

### Examples of foods to avoid:

- Whole Nuts
- Corn Nuts
- Tortilla chips, Doritos
- Jerky
- Granola bars
- Whole apples



### Examples of hard candy to avoid:

- Jolly Ranchers
- Now & Laters
- Suckers
- Jaw breakers



### Examples of sticky candy to avoid:

- Taffy
- Caramel
- Tootsie Rolls
- Milk Duds
- Sugar Daddy's
- Gummie Bears
- Skittles
- Starburst



### Examples of foods that should be cut up first:

- |                |                 |                   |
|----------------|-----------------|-------------------|
| Pizza          | Apples          | Chicken           |
| Steak          | Corn on the cob | Pork or beef ribs |
| Raw Vegetables |                 |                   |



### Examples of habits to avoid:

- Nail biting
- Chewing on ice
- Chewing on pens & pencils



## Buy More Supplies



Scan QR code to buy more

