## AVOID HARD, CRUNCHY, AND STICKY FOODS! USE THIS AS A GUIDELINE IF YOU ARE NOT CERTAIN.



**ANY HARD CHIPS** 



POPCORN





CANDIES, CANDY BARS THAT CONTAIN

NUTS OR STICKY CARMEL



HARD TACO SHELLS



**CHEWING ON ICE** 



HARDER NUTS (ALMONDS, AND HAZELNUTS)