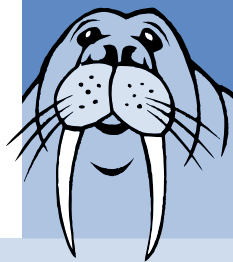


Foods to avoid - a general guide.



- **Nuts**
- **Lollies**
- **Carrots or Celery Sticks**
(You can eat these grated)
- **Bread Crusts**
(Crush crusts with the handle of a knife, especially really fresh, crusty breads and rolls)
- **Apples**
(Cut them up - don't bite into them)
- **T-Bone Steaks / Lamb Chops**
(Do not gnaw - cut the meat off the bone)
- **Pork Crackling**
- **Corn Chips**
- **Ice Cream**
(Extreme cold can cause the cement under the bands to crack - only in moderation!)

***As a general rule to remember
avoid anything hard***

- _____
- _____
- _____