

## No Excuses Food List

### STICKY

Caramel  
Lollipops  
Marshmallows  
Skittles  
Toffee  
Gum  
Starburst  
Milky Way  
Snickers  
Gummy Bears, Fish, Worms  
\$100 Grand Bar  
Charleston Chew  
Caramel Popcorn  
Fruit Rollups  
Licorice  
Tootsie Rolls  
Mentos  
Now or Later  
Raisins  
Red Hot Dollars  
Cinnamon Bears  
Mike and Ike's  
Good and Plenty's  
Sour Patch Kids  
Saltwater Taffy  
Jellybeans  
Peanut Chews  
Cotton Candy  
Gushers  
Rice Krispie Treats  
Dots

### HARD

Pretzels  
Ice Cubes  
Bagels  
Popcorn  
Lollipops  
Pens/pencils  
Whole apples, pears, etc  
Meat on a Bone  
Mouthguards  
Pizza Crust  
Jolly Ranchers  
Lifesavers  
Mints  
Doritos  
Nachos  
Tortilla Chips  
Cheetos  
Fortune Cookies  
Nail biting  
Peanuts  
Corn on the Cob  
Granola Bars  
Carmel/Candy Apples

Every time a bracket breaks off or a band comes loose, you may add ONE MORE MONTH to the length of your treatment.