



Foods To Avoid With Braces

Hard Foods cause damage to brackets and wires – **Avoid these completely!**

Sticky and Chewy Foods can bend wires and pull brackets and bands completely off the tooth!

Sweets don't damage the wires or brackets but can permanently **damage, discolor and decay your teeth**. If you eat or drink sweets, brush within 30 minutes! If you simply cannot brush immediately, at least rinse your mouth with mouthwash for at least 30 seconds.

Ask your orthodontist if **Gum** is okay for you to chew. If the Doctor says 'Yes,' it **MUST** be sugar free gum. No Exceptions!

Post this list on your refrigerator as a convenient reminder of what to avoid while in treatment!

Hard

- ICE
- Apples
- Carrots
- Nuts
- Popcorn
- Corn-nuts
- Hard Candy
- Bagels
- Pizza Crusts
- Pretzels
- Chips
- Taco Shells
- Jerky
- Granola Bars
- Hard Bread

Sticky

- Caramels
- Starbursts
- Sugar Daddies
- Now & Laters
- Tootsie rolls
- Snickers
- Milky Ways
- Sour Patch Kids
- Caramel Apples
- Skittles
- Licorice

Chewy

- Gummies
- Airheads
- Jelly Beans
- Dried Fruit
- Fruit Roll Ups
- Dots
- JuJu Beans
- Swedish Fish
- Licorice
- Laffy Taffy

Sweets

- Soda Pop
- Energy Drinks
- Shakes
- Kool-Aid
- Popsicles
- Ice Cream
- Cake
- Cookies
- Pie
- High Sugar Cereals