

Food for Orthodontic Thought

No-no List - Things You Should Not Eat

- ICE...No chewing on ice. It will break your braces!
- STARBURST, JUJY FRUITS, CARAMELS, TAFFY... These will bend wires, loosen bands, and knock off the braces.
- GUM... Sticky goo which pulls off wires.
- DORITOS, TOSTITOS, HARD PRETZELS... Will get in between your braces, harm your gums.
- BEEF JERKY, SLIM JIMS... These are tough as nails. Will knock brackets off.
- HARD ROLLS, PIZZA CRUST, BONES... Will bend wires and knock off brackets.
- SUCKERS, JAW BREAKERS... Will knock off brackets if chewed.
- POPCORN, NUTS... Little shells may get caught between the gum and braces causing infection.
- PENS, PENCILS... Favorite exam time food, will break the braces!



Things You May Eat... Carefully Please!

- APPLES... Cut in wedges.
- CARROTS... Grated or curls.
- STEAK, CHICKEN, PORK... Cut into bite-size pieces.
- CORN ON THE COB... Please cut it off the cob.

Things You Should Limit

- SOFT DRINKS... Try not to indulge. They have lots of sugar and can cause cavities around the braces.
- CAKES, PIES, CANDIES... If you have a sugar attack, brush or rinse as soon as possible after eating these items.

This is not an all inclusive list, it should give you an idea of the types of food to avoid. Broken braces and wires will cause longer treatment time. Thank you for following the list.

“Help Us Help You”

