Problem Foods when you have BRACES –

Eating proper foods, minimizing sugar intake and getting enough sleep are essential during orthodontic treatment. Your braces are precise appliances that can be damaged by eating hard foods. Some soft and sticky foods can cause tooth decay and loosen or dislodge your braces.

FORBIDDEN HARD FOODS

HARD CANDY

CORN CHIPS

POPCORN

JERKY

ICE

NUTS

PIZZA CRUST

CORN ON THE COB

Whole fruits and vegetables such as apples and carrots should be cooked or cut into small pieces and eaten carefully.

FORBIDDEN SOFT FOODS

BUBBLE GUM

GUM (as directed by your orthodontist)

STICKY CANDY:

- Starbursts
- Sugar Daddies
- Tootsie Rolls
- Gummy Bears
- Caramels
- Taffy

Avoid soda pop and drinks that contain sugar.

Use common sense when choosing food to put in your mouth and avoid **CHEWING** *on hard objects such as pens and pencils.*