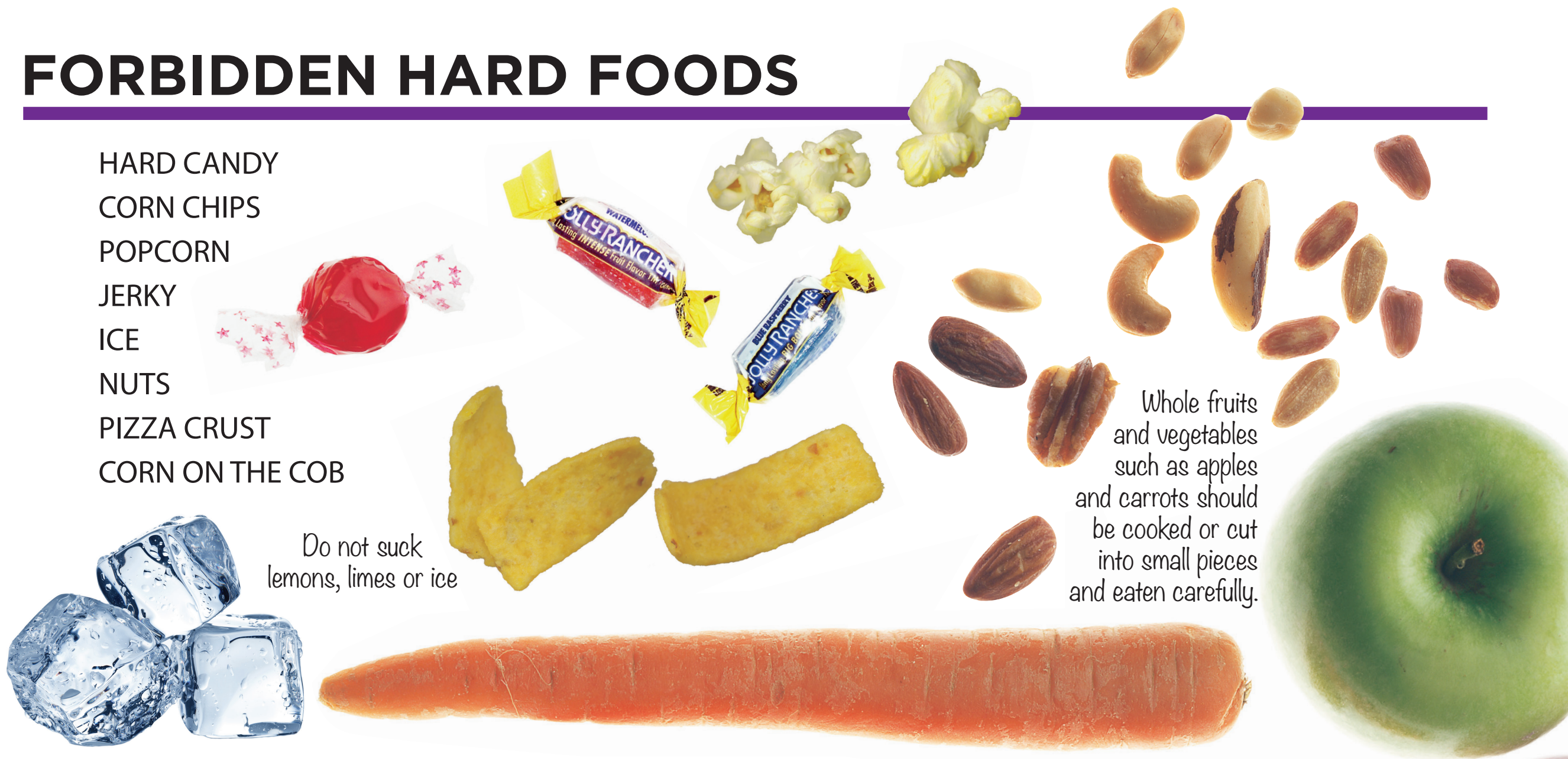


Problem Foods when you have BRACES...

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 braces.

FORBIDDEN HARD FOODS

- HARD CANDY
- CORN CHIPS
- POPCORN
- JERKY
- ICE
- NUTS
- PIZZA CRUST
- CORN ON THE COB



Do not suck lemons, limes or ice

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



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

Avoid soda pop and drinks that contain sugar.