

PROBLEM FOODS

WHEN YOU HAVE BRACES

Healthy eating, limiting sugar, and getting enough sleep are important during orthodontic treatment. Braces are precise appliances that can be damaged by hard foods or chewing on objects like pens and pencils. Sticky and sugary foods can cause tooth decay and loosen or damage your braces.



HARD FOODS TO AVOID:

- Hard Crunchy Snacks
- Pizza Crust
- Popcorn
- Jerky
- Ice
- Nuts
- Hard Candy
- Corn on the Cob



Whole fruits and vegetables (e.g. carrots and apples) should be cooked or cut into small pieces



SOFT FOODS TO AVOID:

- Gum (as directed by your orthodontist)
- Bubble Gum
- Starbursts
- Taffy
- Caramels
- Tootsie Rolls
- Gummy Candy
- Other Chewy Candies

