

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

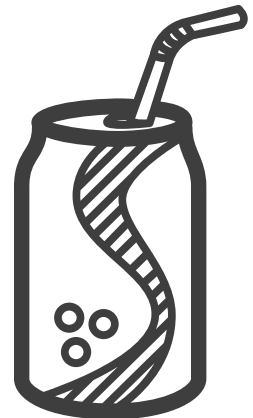
- Hard Candy
- Corn Chips /Kettle Chips
- Popcorn, Jerky
- Ice
- Nuts
- Pizza Crust or any hard bread
- Corn On The Cob



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

FORBIDDEN SOFT FOODS

- Bubble Gum
- Sticky Candy:
 - » Starbursts
 - » Sugar Daddies
 - » Tootsie Rolls
 - » Gummy Bears
 - » Caramels
 - » Taffy
- Avoid soda pop and carbonated 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.

