

FOODS TO AVOID WITH BRACES

What can you eat? Let's talk about what you shouldn't eat. For the first day or so, stick to soft foods. Avoid tough meats, hard breads, and raw vegetables. Anything hard, sticky and crunchy could potentially break your braces or pop off a wire. Once the teeth are more well aligned and in stronger wires, you'll be able to bite a cucumber again. However, you'll need to protect your orthodontic appliances when you eat for as long as you're wearing braces.

Avoid:

- Chewy foods: bagels, hard rolls, liquorice
- Crunchy foods: popcorn, ice, chips.
- Sticky foods: caramels, gum.
- Hard foods: nuts, candy
- Foods you have to bite into: corn on the cob, apples, carrots, any meat with bone on
- Chewing on hard things (for example, pens, pencils or fingernails) can damage the braces. Damaged braces will cause treatment to take longer.

Hard/Brittle	Crunchy	Crusty	Sticky/Goosey
Ice	Potato Chips	Pizza Crusts	Caramels
Nuts- Peanuts, Almonds	Tortilla Chips	Toasted Bagels/Breads	Chewing Gum
Jolly Rancher Candies	Fried Chicken	Apples with Front Teeth	Starburst
Pens and Pencils	Fried Oysters	Fresh Carrots	Sugar Daddies
Snickers or similar	Pretzels	Kaiser Dinner Rolls	Jelly Beans
Corn on the Cob	Hard Taco Shells	Popcorn	Licorice