



Life With Braces

A Guide To Eating

You've probably heard from friends and family members who have worn braces that you won't be able to eat some of your favorite foods while you're in treatment. The truth is - you can eat most anything as long as you avoid foods that might cause you to lose a bracket, break a wire, or get tangled up in goo. Here's a simple, helpful guide to help you avoid any issues. Feel free to put this up on the fridge.

FOODS YOU CAN ENJOY WITH BRACES

- Dairy — Soft cheese, pudding, milk-based drinks
- Breads — Soft tortillas, pancakes, muffins without nuts
- Grains — Pasta, soft cooked rice
- Meats/poultry — Soft cooked chicken, meatballs, lunch meats
- Seafood — Tuna, salmon, crab cakes
- Vegetables — Mashed potatoes, steamed spinach, beans
- Fruits — Applesauce, bananas, sliced fruit, most berries (watch out for seeds)
- Treats — Ice cream without nuts, milkshakes, cake



FOODS TO AVOID WITH BRACES

- Ice — At least not if you chew on it
- Potato Chips — Be really careful with these
- Caramel — Sticky goo which pulls off brackets
- Some Breads — Bend wires and break brackets
- Beef Jerky — Too Tough, can break brackets
- Hard Candy — You might forget and bite
- Nuts — No nuts of any kind
- Ribs — Knocks off brackets
- Popcorn — Hulls get caught between gums and bands
- Raw carrots — Try to avoid raw carrots
- Apples — You can eat them, just cut them up first
- Corn on the cob — Can stay in your teeth for weeks



PREVENTATIVE MAINTENANCE

- Check your braces every day for breakage.
- We can't put all the damaging foods on this list, so be smart. If it's chewy, sticky, gooey or hard it's not good for braces.
- Broken brackets DON'T WORK! If you break them, you might need to wear your braces longer.
- Brush! If you don't there may be scars on your teeth when you're done with treatment.
- Gargle with mouthwash every night for a minimum of one minute.
- Stay away from soda and acidic drinks. The acid in these drinks can cause decalcification and white spots on your teeth.

For more information, please see our website or talk to one of our team members.