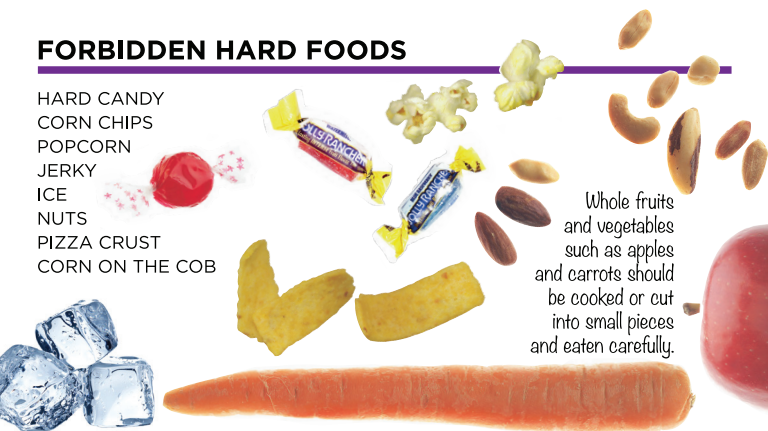


Problem Foods when you have BRACES

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
POPCORN
JERKY
ICE
NUTS
PIZZA CRUST
CORN ON THE COB



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 & drinks that contain sugar.