

EATING WITH BRACES

There are LOTS of great foods you can eat with braces! Certain foods, however, can damage and break your braces. When your braces break, it can lengthen your treatment time and prevent you from achieving an ideal result. Below you will find some examples of braces safe foods, as well as foods to be careful with, and those to avoid.

SAFE

Soft Fruits (oranges, berries, bananas, kiwi, mango, etc.)

Vegetables (steamed)

Soft Meats (chicken, turkey, meatballs, luncheon meats, etc.)

Soft Cheese (cottage cheese, etc.)

Yogurt

Pudding

Applesauce

Smoothies

Jello

Ice Cream

Pasta

Rice

Soft Bread, Tortillas, Muffins

Oatmeal

Pancakes

Eggs

Soups

Fish

Soft Candy (chocolate, Kit-Kat, Reese's PB Cups, etc.)

Pirate Booty (popcorn substitute)

CAUTION

Firm Fruits (apples, pears, etc. – cut up into slices)

Gum (small, sugarless only)

Harder Vegetables (carrots, celery, peppers, etc. - cut up into small pieces)

Bagels (break into small pieces)

Corn on the Cob (best to cut it off)

Popcorn

Kettle-style Chips

Pizza Crust (break up into small bites)

Granola Bars

Lollipops (suck on them only)

Pretzels

Nuts

AVOID

Biting into Hard Candy

Chewy/Sticky Candy (taffy, caramel, Starburst, gummy bears, etc.)

Gumballs and other hard, large and sugary gum

Sunflower Seeds in the shell

Hard Pretzels

Biting on Ice

PLEASE ALSO NOTE:

-**Sports drinks** (Gatorade, Powerade, etc.) and **soft drinks** (soda, energy drinks, etc.) are very acidic and can cause enamel decalcification/white-spots, so please use them sparingly!

-Avoid chewing on hard things such as **pens, pencils, fingernails, mouthguards**, etc.

-Avoid **opening things** (i.e. plastic bottles, cans, bags) with your teeth! This will not only break your appliances, but can cause significant damage to your teeth.

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