



EATING HABITS

AND ORTHODONTICS



REMEMBER: If it is **HARD, STICKY, or CHEWY...** you should probably avoid it!

To get the **BEST** smile possible for you, **YOU** have to care for your teeth as well as your braces.

- ◆ Ice
- ◆ Hard candy of any type
- ◆ Biting into whole apples (cut them up first)
- ◆ Corn on the cob (slice corn off cob)
- ◆ Suckers
- ◆ Bubble Gum
- ◆ Taffy
- ◆ Jelly Beans
- ◆ Raw Carrots
- ◆ Celery
- ◆ Doritos, Fritos, Tostitos, Potato Chips
- ◆ Soda
- ◆ Tootsie Rolls
- ◆ Bit-O-Honey
- ◆ Gummy Bears, Worms, etc.
- ◆ Caramel
- ◆ Frozen Candy Bars
- ◆ Beef Jerky
- ◆ Hard Pizza Crust
- ◆ Hard Pretzels
- ◆ Granola Bars
- ◆ Meat on the bone
- ◆ Popcorn
- ◆ Pens & Pencils (a favorite exam food)



What Can I Eat?! What foods are safe for braces?

The best foods to eat with braces are not high in sugar and do not require extensive chewing.

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|-----------------------------------|--|
| Eggs | Cottage cheese |
| Yogurt | Soup |
| Whole grain bread | Mashed or baked potatoes |
| Oatmeal | Pancakes |
| Applesauce (instead of the apple) | Pasta |
| Banana | Hummus |
| Salads | Water Water Water !!! (instead of sugary drinks) |
| Most cooked vegetables | |

Also Consider...

Most importantly keep the crevices between teeth and around the braces very clean. That means brushing and flossing after meals to prevent the build-up plaque and decay. Not doing so can cause decay & discoloration of your teeth. If you have any questions about your braces, feel free to ask our team at your next appointment or call us, 330-494-6305.

