

EATING HABITS AND ORTHODONTICS

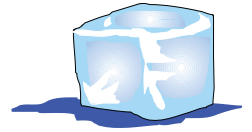


REMEMBER: If it is HARD, STICKY, or CHEWY...you should probably avoid it!
To get the BEST smile possible for you, YOU have to care for your teeth as well as your braces.

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
Now-N-Later
Jelly Beans
Raw Carrots
Celery
Doritos, Fritos, Tostitos, Potato Chips
Soda



Tootsie Rolls
Laffy Taffy
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.

Eggs
Yogurt
Whole grain bread
Oatmeal
Applesauce (instead of the apple)
Banana
Salad without nuts
Most cooked vegetables

Cottage cheese
Soup
Mashed or baked potatoes
Pancakes
Pasta
Hummus
Rice
Water, water, water! (instead of sugary drinks)

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



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