



Diet and Eating Habits

A well-balanced diet, minimizing sweets and sugared beverages is important. Hard, crunchy and sticky foods should not be eaten to avoid damaging your braces.

Stay Away From Hard Foods

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|--------------------|-------------------------|
| Pizza Crust | Corn-on-the-cobb |
| Chips | Pretzels |
| Nuts | Ice (chewing) |
| Hard Candy | Peanut Brittle |

Hard foods may do damage by bending wires, loosening cement under the brackets and bands or by breaking the brackets or tubes attached to them.



Avoid Sticky Foods

- **Taffy**
- **Licorice**
- **Dried Fruits**
- **Caramel**
- **Gummy Candy**
- **Air Heads**
- **Fruit Roll-ups**

Sticky foods damage appliances by bending wires and pulling brackets and bands loose.

Brush/ Rinse Immediately After Sweets

- **Chocolate**
- **Ice Cream**
- **Cake and Pie**
- **Soda Pop**
- **Cupcakes**
- **Presweetened Cereal**
- **Shakes and Malts**
- **Cookies**
- **Sports Drinks**

High sugar food increase likelihood of plaque build-up. If you do eat them, brush your teeth immediately afterwards. If you cannot brush right away, always rinse your mouth with water after eating sweet foods.



Eat with Care

- Carrot sticks- Cook fully or cut into curls. No raw carrot sticks.
- Apples- Cook fully or sliced very thin. No wedges. Do not bite into a whole apple.
- Hard breads (French) - Avoid the crust and pull off small pieces. Chew slowly.
- Popcorn- No half-popped or un-popped kernels. Eat only the white fluffy pieces.
- Pizza- Take small bites. Avoid eating the crust.
- Meats- Cut into mini bites and chew carefully. Avoid biting directly off of the bone.
- Peanut butter- Creamy only. No “chunky” style

A careful orthodontic patient can probably eat almost any food and do no damage to their appliances, however, please use common sense. If in doubt, ask our staff.

Food to Increase Calcium and Vitamin C

Milk	Yogurt	Cheese
Orange juice	Apple juice	Grapefruit
Broccoli	Papaya	Melons

Calcium and Vitamin C are very important for bone metabolism and collagen production that are important in the movement of your teeth. Consuming adequate amounts of these nutrients daily will also help maintain healthy gums.