



## FOODS TO BE AVOIDED - Braces

It is important to avoid any foods that are **STICKY** or **HARD**

Here are some examples of foods to be avoided during your treatment

**APPLES, CORN ON THE COB...** do not bite into- must be cut into small slices first

**BEEF JERKY...** tough as nails

**CARAMEL CANDY, BUBBLE GUM...** too sticky, will pull off brackets and bands

**DORITOS, TACOS, TOSTITOS, HARD CHEEZIES, PRETZELS ...** too hard, can knock off brackets and bend wires

**HARD ROLLS, BAGELS...** bends the wire and knocks off brackets

**ICE...**too hard, knocks brackets off if chewed

**NUTS...** no nuts of any kind

**PENS and PENCILS...** favorite exam time food breaks everything

**PIZZA CRUST...**the hard outside edges of crust bends wires

**POPCORN...**the little kernels get stuck everywhere – difficult to remove

**RAW CARROTS...** hard as rocks, cut into bite size pieces

**RIBS, BONES ...** knocks off brackets

**SUCKERS...** too hard- you might weaken and want to bite into it

Eating these foods will loosen or break the braces, but you may not discover the problem until hours or days later. . . Surprise!

**Loose bands, broken wires, and broken brackets cause a longer treatment time.**