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## *What to Eat With Braces*

### *Avoid Eating*

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**HARD FOODS** may do damage by bending wires, loosening cement under the bands or breaking the little brackets and tubes which are attached.

**STICKY AND/OR CREWY FOODS** damage braces by bending wires and pulling cement loose.

**FOOD RICH IN SUGAR CONTENT** should be avoided whenever possible. If you eat any of them, brush your teeth immediately. If it's not convenient to brush, always rinse your mouth with clear water after eating very sweet food such as cake or pie.

### *Don't eat*

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1. Popcorn, Nuts, Peanut Brittle.
2. Ice (not even if you're careful).
3. Lemons (pure lemon juice can hurt your tooth enamel).
4. Corn-on-the-cob (cut it off the cob).
5. Corn chips, crisp taco shells, corn nuts, sunflower seeds in the shell.
6. Taffy, Caramels, Starburst, Now-N-Later
7. Jolly Ranchers, fruit chews, beef jerky. etc.
8. Bubble Gum - a thousand times NO!
9. Pizza Crust (the hard outer edge)
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### *With Extreme Care, You may eat*

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1. Carrot Sticks (only if you cut into carrot curls that are thin).
2. Apples (only if cut into thin wedges; don't bite).
3. Hard French bread (only if you take small pieces and are very careful).
4. Diet Drinks.
5. Sugarless gum (not bubble) if in small amounts. Check with your doctor for approval.