



Caring for Your Braces

Eating with Braces

Your experience with braces will be awesome if you follow these instructions. Avoid any foods that are tough and hard. It is important to keep in mind that you need to protect your braces and orthodontic appliances when you are selecting foods to eat.

Foods You CAN Eat During Orthodontic Treatment

There are plenty of yummy and healthy options that are braces-friendly! There is a long list of foods you CAN eat with braces:

- **Dairy** - pudding, soft cheeses
- **Soft Breads** – sliced lunch bread, soft tortillas, pancakes, muffins w/o nuts, biscuits
- **Grains** – noodles, pasta, soft-cooked rice
- **Meats/poultry** - soft-cooked chicken w/o bones, meatballs, lunch meats
- **Seafood** - fish w/o bones, tuna, salmon, crab and crab cakes
- **Vegetables** - mashed potatoes, peas, yams, steamed spinach, beans
- **Fruits** - applesauce, bananas, berries, strawberries, seedless grapes, fruit juice
- **Treats** - ice cream w/o nuts, milkshakes, smoothies, Jell-O, cake
- **Other** – eggs, hot dogs, chili, beans and much more!

Foods to AVOID During Orthodontic Treatment

- **Hard foods** such as **pizza crust, hard rolls, pretzels, bagels, nuts, chips, and raw carrots** can break, damage or knock off your wires and brackets.
- Foods such as **Doritos, Cheetos** and **hard tacos** can form a hard ball on your braces, making it hard to remove.
- **Tough meats** such as, **steak, Beef Jerky** and **Slim Jims** can loosen your wires and brackets.
- **Sticky foods** such as **gum, licorice, Sugar Daddies, Tootsie Rolls, caramels, jelly beans** and **Starburst** can pull off the brackets as well get caught between the brackets and wires causing a gooeey mess as well as tooth decay.
- **Chewing on pens and pencils** as well as **nail biting** should be avoided because of the damage they cause.
- **Chewing ice** is one of the easiest ways to damage your braces – so avoid it!