



Don't slow down your treatment with these foods!

- Ice and hard foods can BREAK brackets off, while sticky foods can PULL brackets off the teeth. This can make the brackets feel loose and stop tooth movement, so if this happens come see us for a repair!
- Pizza crust and hard pretzels can damage bands and brackets
- Caramel candy, taffy, and bubble gum are soft, but sticky, which can cause issues with pulling out wires and pulling off brackets
- Popcorn can become trapped between your brackets and gums, which can lead to gum irritation. The kernels can also cause broken wires and/or brackets
- Sugar from snacks and drinks become trapped in your braces, which can cause white spots and cavities
- Broken brackets and loose appliances reduce the effectiveness of the brackets, causing treatment to take longer than initially anticipated

Soft foods are better for braces!

- Yogurt
- Eggs
- Bananas
- Pudding
- Rice
- Soup
- Baked or mashed potatoes
- Applesauce
- Ice cream
- Spaghetti
- Pancakes
- Chicken, fish, or meat (cut into smaller pieces)
- Steamed vegetables
- French fries
- Soft cookies/brownies
- Popsicles
- SUGAR FREE gum

If you have a question about your orthodontic diet do not hesitate to contact our office at 903.212.7737!!