

Don't slow down your treatment with these foods!

- CHIPS should be avoided at all costs- this includes, but is not limited to, Cheetos, Fritos, Doritos, Tostitos, etc.
- Ice and hard foods can BREAK brackets off, while sticky foods can PULL brackets off the teeth. This can make the brackets feel loose, but don't fret- this is NOT an emergency. This can be repaired at your next scheduled visit.
- Pizza crust and hard pretzels can damage bands and brackets
- Caramel candy, taffy, and sugary 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 are not ideal, but these can be repaired at your next scheduled visit. This will prevent you from having to make unnecessary trips to our office. If something is bothering you or creating discomfort, please call us so that we can schedule you for a Quick-Check.
- If you have a broken appliance, like an expander, please call us so that we can instruct you accordingly.

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!!**