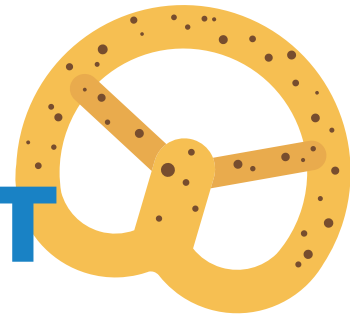




# BRACES FOOD LIST

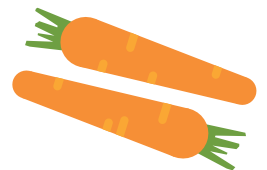


The bond and cement that hold your brackets and bands on your teeth are strong enough to move your teeth but cannot withstand the forces of biting improperly or eating hard foods.

Avoid foods high in sugar content whenever possible.

Below are examples of the types of foods that should be avoided while in orthodontic treatment:

- Apples, carrots, celery, or other raw hydrated fruits/vegetables that are not cut into small bite-sized pieces.
- Carbonated beverages: sodas and juices high in sugar content
- Caramel, sticky and chewy candies
- Pop Corn
- Corn on the cob (always remove corn from the cob)
- Crunchy Chips, Doritos, Fritos, tortilla chips, pretzels
- Chewing Gum (even sugarless)
- Hard candies: Taffy, Jaw breakers, or any candy with nuts
- Hard shell nuts: peanuts, pistachio, corn nuts, etc.
- Meat not cut away from the bones: ribs, chicken, steak, beef jerky
- Tacos or Taquitos with hard shells
- Hard Pizza crusts, bagels and other hard crusty breads (tear them in little pieces)
- Do not chew on ice cubes or ice chips from your drinks
- Do not chew on any hard objects, such as the ends of pens and pencils



These are a few items that will break your brackets, damage your wire, Orthodontic appliances and loosen the cement. You may also develop caries. Damage to braces may result in treatment taking longer to complete. Remember, breakage of your braces will delay your treatment.

Please notify us immediately if any broken brackets and loose or broken appliances occur. If possible, DO NOT wait until your regular scheduled appointment to have repairs done. Call (805)985-2400

