

Foods to Avoid while wearing braces



✓ *Hard*

Bubble Gum
Hard Candies
Beef Jerkey
Popcorn
Hard/Crunchy Chips
Corn on the Cob
Sticky Taffy/Caramel

✓ *Sticky*

Tough Breads
Pizza Crust
Crunchy Granola
Nuts
Ice
Meat on the Bone
Dried Fruits

- Avoid sticky and sugary foods
- Cut down on sweets and soda
- Cut hard food like carrots or apples in to small pieces



Broken Appliances (brackets, bands, wires) **can significantly extend treatment time and be costly to repair.**

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