



Foods to avoid:

Hard foods: These can break brackets, loosen bands, and bend wires.

Avoid things like:

- Apples and carrots (unless cooked or cut up)
- Corn on the cob or ribs (cut off the bone)
- Ice
- Nuts
- Hard candy (jolly ranchers, peanut brittle, toffee, suckers, etc.)
- Hard breads (sourdough, French, bagels, or pizza crust) Don't tear with your front teeth.
- Jerky
- Popcorn (kernels can get caught somewhere and cause a gum infection)

Sticky foods: These can also break brackets, loosen bands, and bend wires.

Avoid things like:

- Any sticky candy in general
- Taffy, Now and Laters, Starburst, Tootsie Rolls,
- Caramels, caramel apples or suckers
- Gummy bears (all gummy candy)
- Licorice

Foods high in sugar content:

Foods high in sugar content cause bacteria in your mouth to start producing acids which can cause permanent stains and damage to your teeth. If you must eat sugary foods every once in a while, make sure to brush your teeth thoroughly immediately after sweet foods.

Acidic foods:

Acidic Foods can also cause permanent stains and damage to your teeth.

Avoid acidic foods such as:

- Soda (even diet, basically anything with bubbles or carbonation)
- Lemons, pineapple, any citrus fruit

Gum: Avoid all gum, even sugarless.

Other precautions:

- Avoid small seeds (especially poppy seeds and raspberry seeds)
- Do not bite through hard foods with your front teeth.
- Do not chew on pens, pencils, or fingernails as this may break parts of your braces.
- If you experience a part of your braces that is loose or broken, call the office.
Make sure to keep the bracket and bring it with you!
- Refer to our "Problems and Solutions" section on our magnet to learn how minor orthodontic problems may be handled at home.

**** Remember to brush and floss your teeth to keep them strong and healthy! ****