



Eating with Braces

Our goal is to improve your smile. This can only be accomplished if the braces stay attached to your teeth.

We do not want to interfere with your nutritional intake, but we do ask that you watch the types of food you eat. A careful patient can eat a nutritionally balanced diet and do no harm to the braces. We hope that you will strive to be this patient.

Eating some types of foods can break or detach your appliances and/or wires. This can prolong your treatment time.

The foods listed below are the ones that we have found to be the most common cause of bent wires and broken appliances. These are only examples, so please use your very best judgment!

Hard and Crunchy Foods

- Ice
- Hard corn chips
- Peanuts and other nuts
- Hard candy
- Carrots and apples (cut them up)
- Corn on the cob

Sticky and Chewy Foods

- Caramels
- Taffy
- Sugar bubble gum
- Candy bars
- *Sugar Daddy* candy
- *Now and Later* candy

Sweet Foods

Although sweet foods may not damage your appliances, care should be taken to brush your teeth immediately after eating very sweet foods. Sugary foods that remain on your teeth can cause cavities and permanent stains on your teeth. If you cannot brush, at least rinse your mouth with water.

- Cake, pie
- Candy
- Cookies
- Ice cream
- Sweet drinks

Remember: Brushing your teeth has always been important, but now that you have braces you must work harder to keep your teeth clean!