

GOOD THINGS TO KNOW

Eating with Braces

Your favorite foods aren't off the menu — you just need to be a little more careful. Avoid foods that are hard, sticky, crunchy, or chewy, as they can damage brackets and wires or get stuck in your braces.



ORTHODONTICS,
THOUGHTFULLY DONE.

SKIP THESE FOODS

THEY CAN DAMAGE YOUR BRACES

HARD



- Ice (don't chew it!)
- Hard candy & lollipops
- Nuts (all kinds)
- Hard pretzels
- Hard or crusty bread
- Hard taco shells
- Popcorn kernels

STICKY



- Caramel
- Taffy
- Gummy candy
- Licorice
- Chewy candy
- Fruit snacks
- Chewing gum

CRUNCHY



- Popcorn
- Thick chips (Doritos, etc.)
- Hard pretzels
- Crunchy snack foods
- Raw carrots
- Raw or hard vegetables
- Corn on the cob (see tips below)

CHEWY / TOUGH



- Bagels
- Tough or dried meat
- Beef jerky
- Ribs
- Meat on the bone
- Hard pizza crust
- Sticky buns or cinnamon rolls

YOU CAN STILL ENJOY THESE!

JUST MAKE A FEW SIMPLE CHANGES



APPLES & CARROTS

Don't bite into them whole. Slice into small pieces.



PIZZA

Yes! Choose a softer crust and cut into bite-sized pieces.



CORN ON THE COB

Still on the menu! Cut the corn off the cob first.



MEAT

Absolutely! Choose tender meat, cut into small pieces, and remove from bones.



SANDWICHES

Still a favorite! Cut into smaller pieces instead of biting directly.



A FEW EXTRA TIPS

- Drink water after eating to help remove food around your braces.
- Brush and floss as directed, especially after meals and snacks.
- When in doubt, cut it up!

*good things
take time*
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