

Eating with Braces

An important part of your orthodontic treatment is following proper eating instructions, which include avoiding certain foods. These include the following: **1) Hard 2) Crunchy 3) Sticky**

Listed here are examples of the types of food that fall into these categories. Not following proper eating instructions can result in broken orthodontic appliances which will significantly delay successful results of your treatment, put you at a higher risk for gum (periodontal) disease and cavities, and can cause discomfort to the soft tissue inside your mouth, including cheeks and lips.

PLEASE NOTE: The list only provides examples and does not include everything. If you have a question about a food item, please avoid it until you can talk to your orthodontist.

1) Forbidden Hard Foods:

Hard Candy • Ice • Jerky
Nuts • Pizza Crust

** Also avoid BITING your nails and CHEWING on hard objects such as pens and pencils.*



2) Forbidden Crunchy Foods:

Potato or Corn Chips • Popcorn • Apples
Carrots • Corn on the Cob



Do not bite into whole fruits and vegetables, such as apples and carrots. Please cut them into small pieces and chew with your back teeth. It is best to steam vegetables to soften them. Remove corn kernels off the cob before eating them.

3) Forbidden Sticky Foods

Gum • Taffy • Gummy Bears • Licorice
Chewy Candy • Caramel • Soda



** Also sodas and other drinks that contain sugar as they can cause tooth decay.*