

# ORTHODONTIC FOOD LIST



## EATING HABITS THAT MUST STOP!



Popcorn

Caramel

Caramel apples

All Sticky Candy including *Toffee, Now & Laters, Sugar Daddys, Sugar Babies, Skittles, Starburst, Gummy bears, Gummy worms, Fruit roll ups*

All Nuts including *Sunflower seeds, Pecans, Peanuts, Cashews, Walnuts*

Corn nuts

All Hard Candy including *Jolly ranchers, Lifesavers, Peppermints, Lollipops*

Ice

Pizza crust edges

Bagels

Beef jerky

DO NOT suck on Lemons or Limes (harmful to tooth enamel)

DO NOT chew on pens, pencils, straws or fingernails

DO NOT open water bottles with your teeth



## EATING HABITS THAT MUST YIELD!

Whole crispy fruits & vegetable (cut fruit and vegetable into small bite size pieces)

Hard, crusty breads (tear into small bite size pieces)

Corn chips and potato chips (break into bite size pieces)

Fresh corn on the cob (cut corn from cob to eat)

Sugary drinks or sodas (limit to special occasions only)

Meat on the bone: chicken wings, ribs (cut meat off the bone into small pieces)



GUM is NOT allowed.

Hard foods may do damage by bending wires, loosening cement under the bands and/or brackets. Sticky foods may damage appliances by bending wires and pulling cement loose. Avoid foods high in sugar content whenever possible. If you do eat any of them, eat them only at the end of a meal and brush your teeth immediately. If it is not convenient to brush, then always rinse your mouth with water after eating very sweet foods like candy and soda. **DAMAGE TO BRACES WILL RESULT IN TREATMENT TAKING LONGER TO COMPLETE.**



Patients that participate in sports that require a mouth guard should ask us about an orthodontic mouth guard. In case of any accidents involving the face, be sure to check your mouth and the appliances. If any appliances are loosened or damaged, contact our office immediately.