

Our goal is to provide you with a beautiful smile to last a lifetime! This can only be accomplished if the braces stay attached to your teeth. Broken brackets, bands, and wires will not only cause pain and agony, they will also prolong your treatment time. The foods listed below will serve as a guide for you in choosing which foods to eat and which to avoid. It is by no means an exhaustive list, but it should give you a good idea of foods you should avoid.

## **Absolutely No...**

- **Sticky Foods**, such as...
  - Gum (unless otherwise instructed; we may sometimes have you chew sugarless gum to help with the pain after adjustments)
  - Caramels
  - Sugar Daddies
  - Starbursts
  - Caramel Apples
  - Sugar Babies
  - Licorice
  - Toffee
  - Tootsie Rolls
  - Now & Laters
  
- **Hard or Crunchy Foods**, such as...
  - Nuts
  - Popcorn
  - Chewy breads (such as bagels or French bread)
  - Apples (cut them into slices)
  - Corn on the Cob (remove from the cob)
  - Pizza Crusts
  - Carrots (cook them or cut them into small pieces)
  - Doritos
  - Pretzels

## **Minimize Sugar Intake**

- **Eat Much Less...**
  - Candy
  - Ice Cream
  - Cake, Cookies
  - Pie
  - Foods with Sugar
  
- **Drink Much Less...**
  - Soda, Gatorade, and other high-sugar drinks

Please try to use common sense when choosing foods to eat while you have braces. Hard, crunchy foods and sticky foods can lead to loose brackets and pokey wires. Also beware of nail biting and pen or pencil chewing habits, since these can damage your braces and teeth.