

Guidelines for eating with braces and other orthodontic appliances

Foods to avoid

Anything hard, sticky or chewy:

Apples – cut them up (peel if necessary)

Bagels

Bones and ribs

Bubble gum

Caramel

Corn nuts

Corn on the cob (cut it off the cob)

Crusty bread

Granola bars

Hard candy

Hard pretzels

Hard taco chips

Ice

Jelly beans

Nuts (unless chopped up in baking)

Pens and pencils

Pizza crust

Popcorn

Raw carrots – grate them

Sub sandwiches (cut into pieces)

Sweets, soft drinks and sports drinks can cause tooth decay. If you eat them, brush your teeth right away.

Some orthodontic supplies (wax, floss threaders, electric toothbrush heads, floss etc.) can be found at the following stores:

- Sams
- Costco
- CVS
- Walmart
- Target
- Save On Foods
- HEB
- Kroger
- Whole Foods