

**EATING WITH BRACES – FOODS YOU CAN AND CANNOT EAT!!!**  
**(To Be Posted on Your Refrigerator Door)**

Congratulations on your decision to improve your smile and overall health through Orthodontic Treatment! While going through braces, most people tend to wonder what kinds of foods they can eat and what should be avoided. While you may be under the impression that you are going to be sticking only to soft foods for the next year, please remember that you do NOT! The great news is that there are plenty of good foods that you can still enjoy while you have your braces on. Awareness of “good” and “bad” foods is especially important so you are better able to take care of your braces and can ensure that you receive the best results!!

**Why Certain Foods Need to be Avoided...?**

Your braces will tend to have brackets, bands, arch wires, and sometimes appliances that can all be damaged by certain foods. Avoiding hard or sticky foods is of utmost importance because they can damage the wires, loosen the bonding that holds the brackets to your teeth, and in some instances can result in breaking brackets away from the teeth. Often you may not discover the problem until a few hours later! Loose bands, broken wires, and detached brackets typically result in an overall longer treatment time. Here are the recommendations from the staff at Immediate Smiles Dentures & Dentistry:

**BE CAREFUL WITH...**

- Fritos, Doritos, or Any Chip Snacks
- Hard bread rolls or Bagels
- Pretzels (Hard or Soft)
- Crunchy Cereal

These foods can form into a hard ball and break your braces. They are also known to bend the wire and knock off brackets!

**FOODS TO ENJOY...**

- ✓ Mashed Potatoes & Sweet Potatoes
- ✓ Mac & Cheese
- ✓ Ravioli & Pasta
- ✓ Soups
- ✓ Tuna Salad & Baked Fish Filets
- ✓ Pancakes & Eggs
- ✓ Bite Size Chicken / Steak
- ✓ Yogurt & Ice Cream
- ✓ Brownies & Chewy Chips Ahoy Cookies
- ✓ Smoothies & Snow Cones
- ✓ Avocados
- ✓ Seedless Watermelon
- ✓ Applesauce

These are all great options for things you can enjoy. There are many more!!

**FOODS TO AVOID...**

**HARD FOODS, like ...**

- ICE
- Popcorn
- Nuts
- Peanut Brittle
- Beef Jerky & Slim Jims
- Jolly Ranchers & Blowpops
- Peppermints

**STICKY FOODS, like ...**

- Caramels & Taffy
- Gum – Any Kind, Including Sugar Free
- Gummy Bears
- Jellybeans

**HIGHLY ACIDIC FOODS, like ...**

- Lemons & Limes
- Soft Drinks / Sodas
- Coffee

These foods stick to the wires and get stuck in between your gums and bands. They hurt!!

**DO NOT BITE INTO OR CHEW ON...**

- Pencils, Pens & Fingernails
- Raw, Hard Fruits & Vegetables and RIBS

**PLEASE USE LISTERINE ZERO OR LUKE-WARM SALTWATER RINSES NIGHTLY!!!**

Thank You, From **the Staff at Immediate Smiles Dentures & Dentistry**