

FOOD FOR ORTHODONTIC THOUGHT



ICE

A definite NO NO!
#1 reason for braces coming off!



PIZZA CRUST

Avoid the crusts!
Cut slices into bite size pieces!



A HARD PRETZEL

They can bend the wires and
loosen your braces!



CHIPS AND THE LIKE

They are too crunchy and
hard on your braces!
Please avoid!



CARAMEL CANDY & GUM

They are full of sugar and sticky as well.
They are very harsh on your braces!



HARD ROLLS & BAGELS

They can bend the wires and
loosen your braces!



BEEF JERKY & SLIM JIMS

Tough as nails and tough on
your braces!



LOLLIPOPS

They are full of sugars and very hard.
Biting on these can loosen your braces!



NUTS

No nuts of any kind
Almonds, walnuts, sunflower seeds etc.



POPCORN

The little shels can get between
your teeth and braces!
This won't be very comfortable!



RAW CARROTS OR HARD VEGETABLES

Hard as a rock. Make sure
you cut them into small bite size pieces!



GATORADE & POWERADE, SPORTS DRINKS & SODAS

They contain too much sugar.
they can cause cavities or white
spot lesions.



**Bent wires and broken brackets may cause you
to be in a longer treatment time.**