



Foods to Avoid List

(Anything Sticky, Chewy, or Hard)

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|---|--|---|
| Bagel  | Suckers  | Raw Carrots  |
| Carmel  | Popcorn  | Laffy Taffy  |
| Skittles  | Starburst  | Now N Laters  |
| Licorice  | Nuts  | Doritos  |
| Gummy Candy  | Tortilla Chips  | Jolly Ranchers  |
| Tootsie Rolls  | Snickers  | Mike N Ikes  |
| Air Heads  | Jaw Breakers  | Pizza Crust  |
| Hard Shell Tacos  | Ice Cubes  | Corn on the Cob  |
| Gum (including sugarless)  | | (ok to slice corn off the cob) |
| Soda Pop  | Any drink that contains sugar | |

Ortho Friendly Foods

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| Applesauce  | Pancakes  | Pasta  |
| Yogurt & Pudding  | Waffles & Eggs  | Soup  |

*Whole fruits & veggies such as apples & carrots should be cooked or cut into small pieces & eaten carefully.

*Also avoid chewing on pencils, pens, & fingernails.

Eating proper foods & minimizing sugar intake are essential during orthodontic treatment. Your braces are precise appliances that can be damaged by eating hard foods. Some soft & sticky foods can cause tooth decay & loosen or dislodge your appliances or braces.