



BRACE WATCHERS DIET

Our goal is to provide you with a beautiful smile. This can only be accomplished if the braces stay attached to your teeth. We do not want to interfere with your nutritional intake, but we do ask that you watch the types of foods you eat.

SOME TYPES OF FOODS ARE CAPABLE OF BREAKING YOUR BANDS OR BRACKETS, BENDING YOUR WIRES, AND BREAKING THE CEMENT UNDER YOUR BANDS OR BRACKETS. ALL OF THESE WILL PROLONG YOUR TREATMENT TIME.

A CAREFUL PATIENT CAN EAT NUTRITIONALLY BALANCED DIET AND DO NO HARM TO THEIR BRACES. We hope that you will strive to be this type of patient. The foods listed below are the ones that we have found to be the most common causes of loose bands, brackets and broken appliances.

HARD FOODS

Ice (NO crunching!) Hard Candy ALL Nuts
Hard edges of Pizza Peppermint Sticks Popcorn
Crisp French Fries Carrots and Apples
Hard Corn Chips (Remember: NO "...toes" - Doritos, Cheetos, Fritos)
Corn-On-The-Cob (May be eaten if you slice it off the cob)
Ribs (May be eaten if meat is removed from the bone)

STICKY & CHEWY FOODS

Caramels Milky Way Bars
Taffy Slow Poke suckers
Gum (Not even FREEDENT) Sugar Daddys
Now and Later Marathon Bars