

Foods to Avoid with Braces

Although sturdy, stable and advanced, braces are orthodontic appliances that you need to treat with care. That means eating foods that are gentle on the brackets and wires that hold your braces together and in place. Generally, avoid all foods that are sticky, hard, or chewy. Soft foods are highly recommended for those who wear braces because they are simply easier on your mouth hardware.

Foods to Avoid When Wearing Braces:

- Popcorn
- Nuts
- Hard Taco Shells
- Sticky & Hard Candy
- Gum
- Ice
- Corn Chips
- Croutons
- French/Italian Bread
- Hard Rolls
- Corn on the cob
- Pizza Crust
- Chocolate Candy
- Pretzels

Recommended Foods When Wearing Braces:

- Hulless popcorn
- Bananas
- Yogurt
- Light crackers or cookies
- Cheese
- Mashed potatoes
- Melons
- Grapes
- Peanut butter and jelly
- Ravioli, spaghetti, macaroni and cheese, and other noodle dishes

Maintaining a healthy, nutritious diet is important for everyone's teeth and overall health. The healthier you are, the better the results of your orthodontic treatment because a proper diet provides all the essential nutrients to bones and tissues undergoing change. Should you have any questions please contact our office at (954)252-1390.