

THE

ORTHODONTIC SPECIALIST

EATING WITH BRACES

FOODS THAT SHOULD BE AVOIDED WITH BRACES

- **Sugar:** keep sugar to a minimum, opt for sugar-free snacks, etc.
- **Chewy Foods:** Bagels, Taffy, etc.
- **Crunchy Foods:** Popcorn, Crisps, Ice
- **Hard foods:** crusty rolls, pizza crusts, baguettes, french sticks, seeded and granary breads
- **Sticky foods:** Caramel, chewing gum, etc.
- **Nuts,** as well as chocolate with nuts and toffees such as Mars, Snickers, Twix
- **Foods that require biting into:** Corn on the Cob, Apples, Carrots (cut them into pieces and place onto back teeth)

FOODS YOU CAN EAT WITH BRACES

- **Dairy:** Soft Cheese, Milk-based drinks
- **Breads:** Soft tortillas, Pancakes, Muffins without Nuts
- **Grains:** Pasta, Soft cooked rice
- **Meats / Poultry:** Soft cooked chicken, meatballs
- **Seafood:** Tuna, Salmon, Crab Cakes
- **Vegetables:** Mashed potatoes, Steamed spinach, Beans
- **Fruits:** Applesauce, Bananas, Fruit Juice
- **Treats:** Ice Cream without Nuts, Milkshakes, Soft cakes

Foods to be careful with

Fruit juice and smoothies must be a once a day treat as they are quite high in natural sugars and are acidic. Ideally these should be consumed as part of a meal.

Squash (no added sugar) is fine as long as it is very diluted and consumed with main meals

Fizzy drinks should only be as a treat and ideally through a straw to avoid direct contact to the teeth.

Vegetables and fruit like apples, pears, carrots cut into pieces and place onto back teeth (DO NOT BITE INTO THEM DIRECTLY).

Boned Meat – chicken wings, drumsticks, spare ribs but (DO NOT NIBBLE ON BONES).