Nguyen Family Orthodontics

FOOD FOR ORTHODONTIC THOUGHT

(Otherwise known as the CAUTION LIST)

To be posted on your refrigerator door

THINGS TO EAT WITH CAUTION

- **ICE… ICE IS NEVER OK! IT WILL DESTROY BRACES!**
- **NUTS… NO NUTS OF ANY KIND. THEY WILL DESTROY BRACES!**
- **HARD CANDY… HARD CANDY IS NEVER OK! IT WILL DESTROY BRACES!**
- **CARAMEL, CANDY, GUM…** sticky goo which pulls off wires and feeds the bacteria in your mouth. For patients that are really careful, an occasional stick of **sugar free** gum is ok.
- **SUCKERS…** you might weaken and bite.
- **PIZZA CRUST, BAGELS, CRUSTY BREAD…** the hard crust bends wires and your teeth will go crooked again.
- **TAKIS… NEVER OK.** Will form a hard ball and break your braces.
- **DORITOS, LAYS, TOSTITOS…** one at time.
- **RIBS, WINGS, BONES…** knocks off braces.
- **PENS AND PENCILS…** breaks everything.
- **POPCORN…** the little shells get between the gums and bands – hurts like crazy.
- **CARROTS AND APPLES…** hard as rocks, biting into them will break off braces. Steam veggies and cut fruit into small pieces.
- **SODAS…** sugar and carbonation are a bad combination for your braces. Use only as a treat and sip through a straw.

Eating these foods could loosen the braces, but you may not discover the problem until hours or days later. Loose bands, broken wires, and detached braces cause a longer treatment time!

However, this is a **CAUTION LIST** – You may eat most of these foods in small amounts or pieces!!!