

## **Foods to Avoid**

Eating foods that cannot be easily removed from your braces can cause permanent discoloration and decay. Hard and sticky foods can damage brackets and wires or can loosen the cement that is holding your bands in place, which may make your treatment longer.

### **Hard Foods**

May setback your treatment time because they can damage the wires or loosen your brackets or bands.

- Apples or Carrots (unless cooked or cut into small pieces)
- Corn on the Cob (unless cut off of the cob)
- Nuts
- Popcorn
- Hard Candy
- Bagels
- Pizza Crusts
- Ribs/Wings (cut meat off)
- Hard Pretzels
- Ice Cubes
- Tortilla Chips/Hard Tacos/Nachos
- Seeds

### **Sticky Foods**

May setback treatment time because they can bend the wires or damage the cement bonds holding the bands in place.

- Caramels
- Starbursts
- Toffee
- Licorice
- Tootsie Rolls
- Taffy
- Caramel Apples
- Sugar Daddies
- Sugar Babies
- Gummy Bears

### **Gum**

- Chew sugarless gum only
- No bubblegum, even if it is sugarless

### **Foods High in Sugar**

May cause permanent staining and decay of your teeth. You should brush your teeth as soon as possible after eating any of these foods.

- Ice Cream
- Cookies
- Soft Drinks
- Cake
- Pie
- Candy