

Orthodontic No-No Food List

Our goal is to provide you with a beautiful smile. This can best be accomplished if your braces stay attached to your teeth. You need to be careful about what kinds of foods you eat as some hard or sticky foods can be trouble.

Please Avoid These Foods During Treatment

Sticky - Chewy

Gum (Sugar or Sugarless)

Tootsie Rolls

Tootsie Pops

Blow Pops

Carmel's

Carmel Apples

Gummy Bears

Gummy Worms

Toffee

Starburst

Jelly Beans

Fruit Roll-ups

Fruit Snacks

Now & Laters

Licorice

Skittles



Hard - Crunchy

Chips

Taco Shells

Hard Candy

Pretzels

Jolly Ranchers

Jaw Breakers

Pizza Crust

Suckers

Popcorn

Nuts (Food And Candy With Nuts)

Cookies (Dunk Them In Milk)

Carrots-Apples-Cut Into Pieces

Hard Breads - Tear Small Pieces

Corn On The Cob - Cut Off Cob

Meat - Cut Off Bone



Other Orthodontic "No-No's"

Lip Biting

Biting Fingernails

Chewing On Pencils or Pens

Tearing or Opening Things with Your Teeth

Some Foods You Can Still Enjoy

Peanut Butter Cups

Pasta

Cheese

Yogurt

For most situations, common sense will tell you what to stay away from. Hard foods can break or damage wires and brackets. Sticky foods can get caught between brackets and wires. Sugary foods cause tooth decay and related problems. Chewing on hard objects such as pencils, pens, or ice can also break or damage your braces. Remember, teeth move their best in a healthy environment and in individuals with excellent overall dental health. Patient cooperation is the key to successful orthodontics.

Check your braces occasionally for anything loose or bent. If a brace or band comes loose, or you break a wire, please call our office so that we can arrange an appointment to fix it.