

## **BRACES-FRIENDLY EATING TIPS: DIETARY GUIDELINES FOR ORTHODONTIC PATIENTS**

When you abide by the rules of what to eat and what not to eat when wearing braces, you're doing yourself a favor. Your orthodontist gives you dietary guidelines for a reason. When you are wearing braces, it is important to avoid certain foods that can damage the orthodontic appliances, brackets, and wires, which may cause delays in treatment. The key rule is: nothing hard, sticky or chewy! Here's a handy list of do's and don'ts when it comes to snacking while wearing braces.

### **NEVER EAT**

Nuts  
Popcorn  
Chewing Gum  
Hard Pretzels  
Pizza Crust  
Croutons  
Gummy Bears  
Caramels  
Jelly Beans  
Licorice  
Jujubes  
Chocolate Chips

### **USE CAUTION**

(must be cut or broken up and  
chewed carefully with back teeth.)  
Nacho/ Potato Chips  
Bagels  
Ribs  
Chicken Wings  
Raw Vegetables  
Hard Fruit (i.e. apples)  
Fruit with Pits (i.e. peaches)  
Corn on the Cob  
Crusty Bread  
Crunchy Granola Bars

### **CAN EAT**

Ice Cream (no nuts)  
Steamed Vegetables  
Pasta  
French Fries  
Soft Pretzels  
Eggs  
Yogurt  
Pudding/Jello  
Soup  
Cereal in Milk  
Cheese  
Rice