

Foods to Avoid with Braces

Braces are strong; but certain foods can bend wires, break brackets, or slow your treatment. Avoid these foods during orthodontic treatment.

Hard Foods

- Ice
- Hard Candy
- Nuts
- Hard Pretzels
- Popcorn



Sticky & Chewy Foods

- Caramel
- Taffy
- Gum
- Starburst
- Gummy Worms



Foods You Should Bite Carefully

Cut these into small pieces and
use your back teeth

- Apples
- Corn on the Cob
- Bagels
- Chicken Wings



Stay away from carbonated beverages and sugary drinks.



Braces-Friendly Foods

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| • Yogurt | • Soup | • Quesadillas |
| • Smoothies | • Pancakes | • Scrambled Eggs |
| • Grilled Cheese | • French Toast | • Oatmeal |
| • Pasta | • Milkshakes | • Hotdogs |
| • Mashed Potatoes | • Mac & Cheese | • Peanut Butter & Jelly |

Protect your braces so your smile stays on schedule!

