



Foods to Avoid

It's important to eat nutritiously while you are undergoing treatment. Please avoid hard foods, sticky or chewy foods, and foods and drink high in sugar content. It's important to brush after every meal — at least three times daily in order to maintain healthy gums and avoid tooth decay and staining.

This sheet offers guidance on foods to avoid and how to eat in a way that won't harm your braces. However, this is not an exhaustive list, so you must use common sense and your own good judgment. Please call the office if you have any questions. Your treatment is more likely to progress on schedule and be more comfortable if you don't break your braces or wires.

Avoid hard foods such as:

- Nuts
- Popcorn
- Crunchy peanut butter
- Ice
- Thick pretzels
- Pizza crust
- Corn chips and hard tacos
- Rice cakes
- Peanut brittle
- ALL hard candy
- Granola bars

Avoid sticky/chewy foods such as:

- Raisins
- Caramels
- Gummy candy
- Licorice
- Gum

Avoid high-sugar foods such as:

- Soda
- Jelly beans
- Candy bars
- Certain breakfast cereals

Helpful hints:

- Cut your food into small pieces.
- Toast bread, bagels, and English muffins lightly.
- Avoid eating meat on the bone. Cut the meat off. Don't bite it.
- Cut raw vegetables and fruits into pieces.
- Slice corn kernels from the cob before eating.
- Avoid lemons, as concentrated lemon juice can harm tooth enamel.
- Eat smooth ice cream rather than ice cream with chunky pieces.
- Don't pick at your braces with pens, pencils, or other objects.
- Don't bite your fingernails!