

Food Guide

Foods to AVOID with braces:

- **Chewy foods** – bagels, licorice, pizza crust, French breads
- **Crunchy foods** – popcorn, chips, ice, hard candies including lollipops, thick pretzels
- **Sticky foods** – caramel candies, chewing gum, gummy candies, non sugar free gum
- **Hard foods** – nuts, hard candies
- **Foods that require biting into** – corn on the cob, apples, carrots, ribs and chicken wings
- **Use common sense** when choosing food to put into mouth your mouth and avoid chewing on hard objects such as pens and pencils

OH NO YOU DON'T!!!!



Foods you CAN enjoy with Braces:

- **Dairy** – soft cheese, pudding, smoothies, yogurts, cottage cheese, eggs
- **Breads** – soft tortillas, pancakes, muffins without nuts
- **Grains** – pasta, soft cooked rice
- **Meats/Poultry**- tender meats, meatballs, lunch meats
- **Seafood**
- **Vegetables** – mashed potatoes, steamed veggies, beans
- **Fruits** – applesauce, bananas, fruit juice, smoothies, berries
- **Treats** – ice cream without nuts, milkshakes, Jell-O, plain chocolates, peanut butter cups, brownies, soft cookies. But remember to always limit your intake on sugar!

OH YES YOU CAN!!!!!!



Sugarless Gum

