

# Food Guide

Why are there food restrictions?



The Orthodontists

Your brackets are designed to be sturdy, but they can break if instructions provided by your orthodontist are not adhered to. **Eating hard, crunchy, chewy, or sticky foods** can put pressure on your brackets and or wires which can cause them to break. Additionally habits that some people might have can also break brackets such as **biting fingernails and chewing on pens/pencils**. What we put in our mouths is not all we need to be concerned about sometimes its not what we eat but HOW we're eating. It's important to remember that **small bites and careful chewing** will be the best way to keep our brackets on!



## Foods to AVOID with braces:

### Hard



### Crunchy



### Chewy/Sticky



# Foods you CAN enjoy with Braces:

## Soft



## Small Bites / Cut Up

