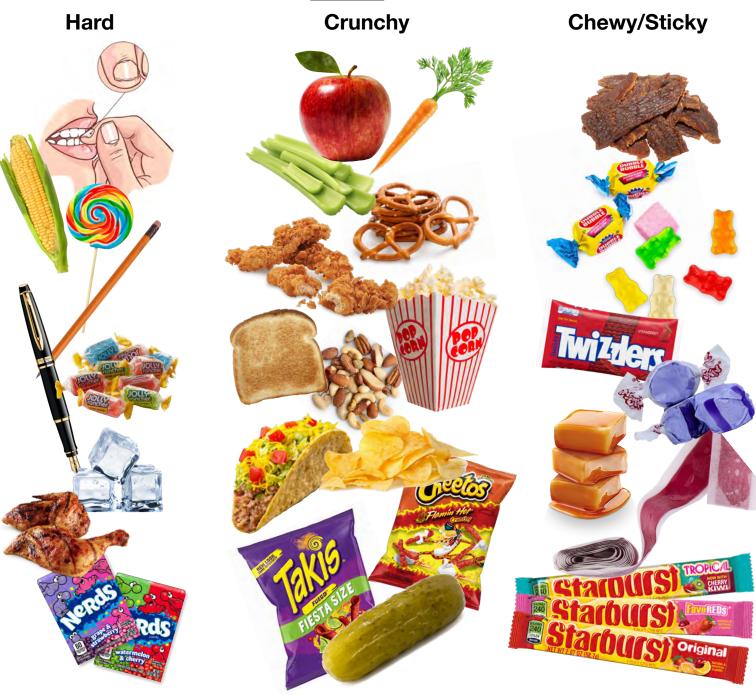


Your brackets are designed to be sturdy, but they can break if instructions provided by your orthodontist are not adhered to. **Eating hard, crunchy, chewy, or sticky foods** can put pressure on your brackets and or wires which can cause them to break. Additionally habits that some people might have 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:



Foods you CAN enjoy with Braces:

Soft

Small Bites / Cut Up



