

Eating with Braces

Don't worry, you'll be eating popcorn and snacking on chips again in no time! However, before you can start enjoying some of the treats you love, you will need to take special care to avoid any foods that could damage your new appliances.

Specifically avoid:

- Gum
- Hard Candy
- Sticky candy such as caramels, Sugar Daddies, Starbursts, caramel apples, Sugar Babies, licorice, toffee, Tootie Rolls, Now and Laters, Taffy, Milk Duds, Swedish Fish, Air Heads, etc.
- Nuts
- Ice
- Thick tortilla chips
- Whole apples and carrots (cut them into pieces first)
- Hard French bread crust and rolls
- Corn on the cob (cut the corn off the cob before eating)
- Thick bagels and pizza crust
- Large, hard petzels

Foods you CAN eat with braces:

- Dairy — soft cheese, pudding, milk-based drinks, yogurt
- Breads — pasta, soft tortillas, pancakes, muffins without nuts, breads without hard crusts
- Grains —all types
- Meats/poultry — all types except meat on the bone
- Seafood — all types but be careful of hard shells
- Vegetables — all types except whole, raw carrots or corn on the cob. Chopped carrots or corn that has been cut off the cob is acceptable
- Fruits —all types except whole apples, which need to be cut into slices

- Acceptable candy: chocolate (such as Plain M&M's, plain Hershey Kisses, 3 Musketeer Bar, Kit Kat, Reeses peanut butter cups, Reeses Pieces, candy bars without nuts or hard caramel)
- Ice Cream or Popsicles (no chewing on ice cubes)
- Jell-O, pudding, apple sauce
- Soup