

ORTHODONTIC DIET

There are many different foods with a variety of consistencies and sizes. We will not be able to name them all, but this sheet will aid you in your decisions.

REMEMBER your teeth can be moved with slight pressure in the wrong direction by the wrong diet or bad habits. Cooperation is important in keeping your orthodontic treatment on schedule and producing that new smile.

FOODS TO AVOID AND EXAMPLES:

<u>Hard Candy</u>	(jolly ranchers, frozen candy bars, life savers, jaw breakers)
<u>Sticky Candy</u>	(caramels, taffy, starbursts, gummy bears, bubble gum, snickers)
<u>Hard Snacks</u>	(beef jerky, peanuts, popcorn, chips, sunflower seeds)
<u>Vegetables</u>	(corn on the cob, whole carrots, broccoli, celery, cauliflower)
<u>Breads</u>	(toast, French bread, pizza crust, garlic toast)

ACCEPTABLE FOODS AND EXAMPLES:

<u>Vegetables</u>	(corn cut off the cob, peas, beans, veggies sliced into bite-size pieces)
<u>Fruit</u>	(all fruits cut into bite-size thin pieces)
<u>Meat</u>	(all meat cut into bite-size pieces and cut chicken off the bone)
<u>Gum</u>	(not recommended) but on occasion sugar free gum is acceptable)
<u>Snacks</u>	(small chips, cheese puffs, yogurt)
<u>Soda/Pop</u>	(not recommended) even if you didn't have braces)

BAD HABITS TO AVOID:

- Do not pick at your braces with your fingers.
- Do not chew on ice.
- Do not try to self-adjust or remove your braces.
- Do not bite on pens and pencils.

CHEW CAREFULLY AND GENTLY:

It will take time to get used to your new braces. Use less pressure than you are used to when eating with your new braces. Even soft foods can loosen a bracket if you bite down sharply.