



band & bracket food list

FOODS TO AVOID

1. Ice...the ultimate brace destroyer!
2. Foreign objects such as pens, pencils, fingernails, and straws.
3. Hard candies such as Jolly Ranchers, hard peppermints, Blow Pops, etc.
4. Sticky and chewy candies such as Starburst, Now-N-Laters, Tootsie Rolls, Skittles, etc.
5. Chewy snacks such as Rice Krispy treats and power bars.
6. Tough breads such as thick pizza crust, bagels, and hard rolls.
7. Hard, crunchy snacks such as Fritos, pretzels, nuts, tortilla chips, etc.
8. Popcorn...the hulls get under your braces and cause gum infections.
9. Sugary drinks and carbonated soft drinks because they contain phosphoric acid and can cause enamel staining and cavities.

FOODS TO ENJOY

1. Apples, carrots and celery are good for you, but they should be cut into bite-size pieces and eaten with care.
2. Soft candies such as chocolate, plain M&M's, Kit Kat, etc.
3. Ice cream and frozen yogurt.

Remember...

Use your common sense when deciding which foods you can eat, and those to be avoided. If a band or bracket comes loose, please call us and let us know, as **it is not always possible to repair the appliances at your regular appointment without prior warning.**