



Examples of Foods to Avoid with Braces



Sticky & Chewy:

Bubble Gum	Starburst	Snickers	Tootsie Rolls
Skittles	Caramels	Taffy	Airheads
Anything else sticky, gummy or chewy			

***you can chew sugarless gum**

Hard & Crunchy:

Popcorn	Peanuts	Lollipops
Hard Tacos	Hard Pretzels	Hard Candies
Doritos & Fritos		

***don't chew on pens, pencils, ice or your fingernails**



Foods to cut into bite sized pieces



Breads:

Bagels
Pizza Crust
Hard Rolls

Fruits/Veggies:

Carrots Apples
Celery Pears
Corn (remove from cob)

Meats (remove from bone):

Ribs Fried Chicken
Steaks Pork Chops

Limit sugary drinks and juices, and brush afterwards.