



## Eating Habits & Orthodontics

Hard food may do damage by bending wires, loosening cement under the bands, or breaking the little brackets and tubes that are attached to the bands or bonded directly to your teeth.

**DON'T EAT** Popcorn, nuts, peanut brittle, ice (not even if you're careful), lemons (pure lemon juice destroys tooth enamel), corn-on-the-cob, corn chips, crisp tacos.

**STICKY FOODS** Like caramels or taffy should not be eaten because they can damage appliances by bending wires and pulling cement loose.

**MAYBE EAT** Carrot sticks (only if you cut them into thin curls), apples (if cut into small wedges), French bread.



## Foods That Are Appealing But Dangerous To Your Appliances

Foods high in sugar content should be avoided whenever possible. If you do eat any of them, eat only with a meal, and brush your teeth immediately after. If it is not convenient to brush, then always rinse your mouth with clear water after eating very sweet foods like cake or pie.

An orthodontic patient who is very careful can still eat many foods and not damage their braces. Keep in mind that there are a lot of foods that may cause you trouble so, to be safe, ask us if you are in doubt.

*These three types of foods do cause trouble so, remember:*

**NOTHING VERY SWEET,**

**NOTHING STICKY,**

**NOTHING HARD!**

