

# EATING WITH BRACES - DO'S AND DON'TS

You'll probably be happy to learn that you can still enjoy many of the foods that you love even though you have braces. Just remember a few key points and make note of the foods on the chart below. Make sure to eat softer foods and smaller bites. Chew your food slowly but completely to avoid biting your lips, cheeks, or tongue as your bite shifts and changes. Remember, the wrong foods can break brackets, wires, bands, or appliances and can result in lengthening the time you'll have to wear your braces. Take care of your braces and they'll take care of you and your beautiful smile!

## FOODS TO AVOID



POPCORN



CORN ON THE COB



CHEWING GUM



SUNFLOWER SEEDS



PIZZA CRUST



BAGELS/CHEWY BREAD



CANDY



CORN CHIPS



PRETZELS



ICE CUBES



APPLES/CARROTS



NUTS

## FOODS TO ENJOY



MAC N CHEESE,  
MASHED POTATOES



SWEET POTATOES,  
SQUASH



SCRAMBLED AND  
HARD BOILED EGGS



STEAMED VEGGIES



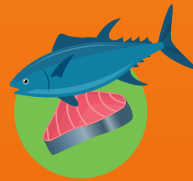
YOGURT,  
COTTAGE CHEESE



AVOCADOS,  
CUCUMBERS



SMOOTHIES



FISH/TUNA



MEATLOAF



ICE CREAM,  
FROZEN YOGURT



SLICED BANANAS,  
PEACHES, APPLESAUCE



SOUPS, PASTA,  
CASSEROLES