Associated Orthodontists EST. 1969

Eating with Braces

Always choose brace-friendly foods – avoiding HARD, STICKY, CHEWY, GOOEY OR CRUNCHY FOODS.

AVOID

- Breads with hard crusts
- Granola or chewy bars
- Crunchy or chewy cereal
- Whole apples or pears
- Pizza with hard crust
- Chunky peanut butter
- Raw veggies
- Corn on the cob
- Chicken wings
- Ribs
- Hard taco shells
- Hard chips or pretzels
- Tortilla chips
- Beef jerky
- Nuts
- Popcorn
- Gum
- Hard candies
- Caramel candies
- Gummy candies
- Crushed or cubed ice
- Ice Cream with candies or nuts
- Frozen treats
- Sugary drinks

ENJOY

- Soft breads
- Eggs
- Soft cereal or small-bite cereal
- Pancakes and waffles
- Yogurt
- Bananas, oranges, applesauce
- Fruit cut into small pieces
- Lunch meat
- Soft cheeses
- Creamy peanut butter
- Pizza with soft crust
- Soft tortilla shells
- Meat pulled off bones
- Cooked or shredded veggies
- Pasta and rice
- Mac n' cheese
- Puffed snacks
- Baked or very thin chips
- Soft chocolates
- Creamy peanut butter cups
- Plain ice cream
- Popsicles
- Water
- Milk

POPULAR DANGER FOODS

- Takis
- Doritos
- Hard Cheetos
- Kettle Chips
- Jolly Ranchers
- Skittles
- Starburst
- Sour Patch Kids

POPULAR APPROVED FOODS

- Pirate's Booty
- Cheese Puffs
- Pretzel Crisps
- Pringles
- Baked Lay's chips
- Reese's - no nuts
- M&Ms
- Hershey Kisses