



*Until you get used to eating with your new braces it may be best to start on a diet of softer foods. The following are a few ideas.*

- Ice Cream
- Pasta
- Soups
- Eggs
- Pancakes
- Cheeses
- Chocolate (no nuts)
- Mashed Potatoes
- Yogurt

*These are some foods which are okay to eat but we ask that you use caution. Cut everything into bite size pieces to avoid breaking your appliances. Proceed with caution!*

- Sliced Raw Veggies
- Corn on the Cob (cut off)
- Bagels
- Popcorn
- Fruits like apples, peaches, and pears
- Wings, Ribs or any other meat on a bone must be cut

*It is best to avoid consuming foods with a tacky, hard, or tough texture. Below are listed as restricted foods you are NOT supposed to have with any appliances in your mouth.*

- Ice
- Hard Pizza crust
- Chips
- Pretzels
- Nuts
- Gum
- Caramel Candy
- Marshmallows
- Beef Jerky
- Sticky candy (skittles, taffy, starburst, etc.)
- Hard Candy (jolly ranchers, suckers, etc.)

*As a general rule, also avoid consuming lots of sugar, or at least brush immediately afterwards to avoid permanent damage to the tooth surface. Phosphoric acid and citric acid are found in many soft drinks, including diet varieties. If left on the teeth long enough it will leach the calcium out of the teeth and cause "white spots" which are permanent scars to the teeth.*

***\*\*Please remember this is not an all-inclusive list; it's a guideline for types of foods to avoid. Broken braces will result in longer treatment time. Help us help you!***

**\*\*\* Brackets that come off within the first few weeks of the bracket placement will be replaced free of charge. For the remainder of treatment time we will replace **two** brackets **free** of charge. A charge of **\$30** per braces (bracket) will be posted to your account for **any additional breakage** of orthodontic appliances/braces.**