



ORTHODONTIC DIET CHART

Braces and the temporary glues used to attach them to your teeth are fragile and can be damaged by eating the wrong foods. Food that cannot be cleaned off the braces may lead to discoloration and decay of your teeth. This may also cause your treatment to take **longer**. Please follow our recommendations below to ensure a trouble free treatment plan.

ABSOLUTELY NO:

GUM	Sugarless or otherwise
STICKY FOODS	Caramels, Carmel Apples, Sugar Daddies, Starbursts, Gummy Bears, Sugar Babies, Licorice, Toffee, Now & Laters, Tootsie Rolls, Taffy, Fruit Chews.
HARD FOODS	Nuts, popcorn, hard candy, bagels, apples/carrots (unless cooked or cut into small pieces), ICE, corn on the cob, pizza crust, Doritos, jerky, hard pretzels. Any kind of fruit with a pit must be cut off the pit.
EAT MUCH LESS	Candy, cookies, cake, pie, ice cream, foods with sugar.
DRINK MUCH LESS	Soda pop, drinks with sugar.

**** AVOID CHEWING ON PENS, PENCILS, AND FINGERNAILS**