

# FOODS TO AVOID



Eating certain foods can cause damage to your braces and wires. Loose bands, broken brackets and broken wires cause delay in your orthodontic treatment. Here are some examples of foods that can be damaging to your braces.

ICE...Never. It will damage your braces.

PIZZA CRUST...The hard crust can bend the wires. The pizza part is ok.

DORITOS, HARD TACOS, CHEETOS, etc...They are too crunchy!

FRUITS AND VEGGIES...Cooked or sliced into small pieces, and chew with your back teeth.

CORN ON THE COB...Cut the corn off the cob.

BEEF JERKY...Too tough for braces. Slim Jims are ok, in bite size pieces.

HARD CANDY (JOLLY RANCHERS, SUCKERS, ETC)... They break your braces when you bite into them!

POPCORN...The little kernels get between your gums and the braces.

NUTS...Nuts are too hard for your braces! No nuts!

STICKY CANDY, BUBBLEGUM...It sticks and it will pull your wires out.

PENS AND PENCILS...Chewing on pens, pen caps or pencils can break brackets!

SUGARY AND ACIDIC DRINKS (GATORADE AND SODAS) Acid, sugar, and carbonation are harmful to the enamel on your teeth.



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