

Braces Care & Eating Guidelines

Patient Instructions

Wearing braces is an important step toward achieving a healthy and beautiful smile. During your orthodontic treatment, it is important to be mindful of the foods you eat to avoid damaging your braces.

The following guidelines will help protect your braces and keep your treatment on schedule.

Foods You CAN Eat with Braces

These foods are generally safe and less likely to damage your braces.

Dairy

- Soft cheese
- Yogurt
- Pudding
- Milk and milk-based drinks

Breads & Grains

- Soft breads
- Soft tortillas
- Pancakes
- Muffins
- Pasta
- Rice

Meats & Seafood

- All meats are acceptable **when cut into small bite-size pieces**
- All seafood is acceptable **when cut into small bite-size pieces**

Vegetables

- All **cooked vegetables**

Fruits

- Most fruits are acceptable
- Some may need to be **cut into small pieces**

Treats

- Ice cream **without nuts**
- Milkshakes
- Jello
- Soft cakes

Foods to AVOID with Braces

Certain foods can bend wires, loosen brackets, or damage your braces.

Chewy Foods

- Bagels
- Licorice
- Jubes or chewy candies
- Beef jerky
- Sticky candy

Crunchy Foods

- Popcorn
- Hard tacos

Sticky Foods

- Caramel candies
- Chewing gum
- Toffee
- Taffy
- Fruit roll-ups
- Gummy candies

Hard Foods

- Nuts
- Hard candies
- Ice cubes
- Hard pretzels
- Hard pizza crust
- Lollipops

Foods that Require Biting Into

- Corn on the cob
- Whole apples
- Raw carrots

These foods should be **cut into small pieces** if eaten.

Habits to Avoid

- Do **not chew on pens or pencils**
- Avoid chewing on any hard objects

Why These Guidelines Matter

Eating the wrong foods can damage your braces. Sometimes the damage may not be noticed immediately. Broken or loose brackets, bands, or wires may only become noticeable hours or even days later.

Damage to your braces may result in:

- Additional dental visits
- Delays in your orthodontic treatment
- A longer time wearing braces

Following these guidelines helps keep your treatment on schedule and protects your braces.

Oral Hygiene Reminder

We strongly recommend **brushing your teeth after every meal**.

Brushing regularly helps:

- Keep your teeth clean
- Prevent cavities and plaque buildup
- Allow you to notice any broken or loose parts of your braces

If you notice any problems with your braces, please contact the dental office.