

# EATING WITH BRACES



## WHAT YOU CAN AND CAN'T EAT

Braces are glued to the surface of your teeth & break off when you bite into hard food.

In general, try not to bite into **ANY** food with your front teeth. Instead, cut or tear food into small pieces & chew with your back teeth. Your teeth may be sore or sensitive the first few days after getting your braces (or new wires). In these instances, extra soft foods are encouraged, such as:

- Pasta
- Mashed Potatoes
- Eggs
- Smoothies
- Yogurt
- Rice



## HOW DO I EAT HARD & CRUNCHY FOODS?

Fresh vegetables & fruits are an important part of a healthy diet. You can still eat them but they need to be cooked or cut into small pieces. Examples of foods that need to be cut into small pieces:

- Apple
- Steak
- Carrot
- Corn



## WHAT ABOUT STICKY FOODS?

Any food that sticks & pulls at the teeth can break brackets & distort the wires. Many of these foods are high in sugar & aren't healthy for you to eat anyways. Sugary food that becomes lodged between the teeth & around the brackets can cause cavities & permanent white spots to develop.



## WHAT ABOUT GUM?

Soft, sugar-free gum is okay with our braces! Wait to chew gum if there are long areas in the wire where teeth are missing or growing in.

If a bracket breaks, please call our office to determine if it is necessary for you to come in. Usually it is fine to fix the bracket at your next scheduled appointment, unless something is poking or bothering you.

