



Orthodontic No-No Food List

Our goal is to provide you with a beautiful smile. This can best be accomplished if your braces stay attached to your teeth. You need to be careful about what kinds of foods you eat as some hard or sticky foods can be trouble.

Please Avoid These Foods During Treatment

Sticky – Chewy

Gum (Sugar or Sugarless)
Lolly Pops
Giant snakes
Curly wurlys
Caramel's
Toffee Apples
Gummy Bears
Gummy Worms
Toffees
Starburst
Jelly Beans
Fruit Roll-ups
Dried Fruit Snacks
Skittles

Hard - Crunchy

Chips/Doritos/CC's
Taco Shells
Hard Lollies
Pretzels
Jaw breakers
Pizza crust
Popcorn
Nuts (food with nuts in)
Biscuits (dunk them in milk)
Carrots/Apples (cut them up)
Hard breads (tear into small pieces)
Corn on the cob (cut it off the cob)
Meat (cut it off the bone)

Other Orthodontic "No-No's"

Lip Biting
Biting Fingernails
Chewing On Pencils or Pens
Tearing or Opening Things with Your Teeth



For most situations, common sense will tell you what to stay away from. Hard foods can break or damage wires and brackets. Sticky foods can get caught between brackets and wires. Sugary foods cause tooth decay and related problems. Chewing on hard objects such as pencils, pens, or ice can also break or damage your braces. Remember, teeth move their best in a healthy environment and in individuals with excellent overall dental health. Patient cooperation is the key to successful orthodontics.

Check your braces occasionally for anything loose or bent. If a brace or band comes loose, or you break a wire, please call our office so that we can arrange an appointment to fix it.