

FOODS TO AVOID WHEN YOU HAVE BRACES

Careful attention to the foods you eat is essential to the success of your orthodontic treatment. Hard and crunchy foods will break braces and bend your arch wires. Sticky and chewy foods may cause poking wires and stick to your braces.

FOODS TO AVOID

**STICKY,
CHEWY
CANDY**



POPCORN



NUTS



**HARD
CANDY**



CARAMEL



**HARD
COOKIES**



GUM



**REMOVE
MEAT FROM
BONE**



**HARD
SHELL
TACO**



**THICK
CHIPS**



**PIZZA
CRUST**



**NO CHEWING
ON MOUTH
GUARDS**



**CORN ON
THE COB**



**TOASTED
BAGELS**



**ICE
CUBES**



**THESE THINGS
SHOULD NEVER GO IN
YOUR MOUTH!**



**FRUITS AND
VEGETABLE
NEED TO BE
CUT INTO
BITE SIZE
PIECES**



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