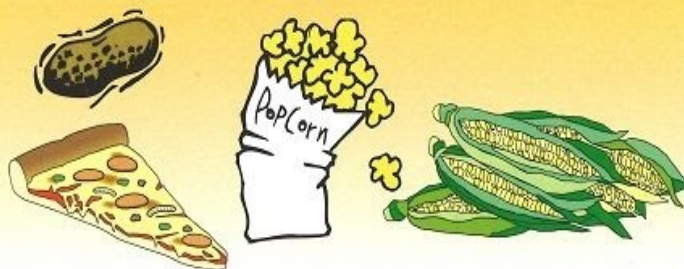


Stay Away From Hard Foods Like:

- Popcorn
- Corn Chips
- Pretzels
- Nuts
- Ice (Chewing)
- Hard Candy
- Peanut Brittle
- Pizza Crust
- Corn-on-the-Cob

Hard foods may do damage by bending wires, loosening cement under the brackets and bands or breaking the little brackets and tubes which have been attached.



Avoid Sticky Foods Like:

- Taffy
- Licorice
- "Gummy" Candy
- Caramel
- GUM
- Dried Fruits
- Fruit Cakes
- Fruit Roll-Ups

Sticky foods damage appliances by bending wires and pulling brackets or bands loose.



Brush/Rinse Immediately After Sweets Like:

- Candy
- Ice Cream
- Cake and Pie
- Soda Pop
- Cupcakes
- Presweetened Cereals
- Shakes and Malts
- Cookies

High sugar foods increase the likelihood of plaque build-up. If you do eat them, brush your teeth immediately afterwards. If you cannot brush right away, always rinse your mouth with clear water after eating sweet foods.



Eat with Care

- Carrot Sticks - Cut into thin curls.
- Apples - Slice into small wedges; don't bite into an apple.
- Hard Breads (French) - Take small pieces; chew carefully.
- Pizza - Take small bites. Avoid eating the crust.
- Meats - Cut into mini bites and chew carefully.
- Crackers and Biscuits - Take small pieces; chew carefully.
- Peanut Butter - Soft only. Never eat "chunky" style.

A careful orthodontic patient can probably eat almost any food and do no damage to his or her appliance, however, use common sense or, if you are in doubt, ask our staff.



Foods to Increase Calcium and Vitamin C

- Milk
- Orange Juice
- Broccoli
- Yogurt
- Apple Juice
- Papaya
- Cheese
- Grapefruit
- Melons

Calcium and Vitamin C are very important for healing bone and collagen that were effected by the movement of your teeth. Consuming adequate amounts of these nutrients daily will also help maintain healthy gums.

