

smile like you mean it.

FOODS YOU CANNOT EAT WITH BRACES

Gum	Nuts	Now & Laters
Taffy	Caramel	Gummy candy
Hard candy	Starburst	Jolly Ranchers
Licorice	Skittles	Frozen candy
Toffee	Ice	Nacho chips
Popcorn	Croutons	Corn on the cob
Bagels	Slim jims	Pizza crust
Bacon bits	Hard pretzels	Big pieces of meat
Doritos	Crunchy cereal	Hard taco shells
Heath	Peanut M & M's	Milky Way
Milk Duds	Malted milk balls	Tootsie rolls
Snickers	Rolos	Almond joy
Sugar daddy	Beef jerky	Candy apples
Caramel apples	Carrots/ celery- uncut	
Wings & Ribs- must cut off bone		
Uncut- nectarines, pears		
Uncut- apples, plums, peaches		

DO NOT CHEW ON:

Fingernails	Straws	Sprout on water bottle
Pens/ pencils	Bottle caps	Eating utensils

These foods can get stuck between teeth and gums or bend wires and knock bands or brackets loose. If this results in damage to braces, treatment may be extended. **Use common sense... nothing sticky, chewy or hard!**

While wearing braces, keep your teeth and brackets clean. The goal is to remove plaque from around the teeth and gums. It is the bacteria in plaque that is responsible for causing inflamed gum tissue (gingivitis), permanent scarring of enamel, as well as tooth decay. If you wear cemented, non-removable braces, food and plaque can get trapped between teeth and gums. To reduce your risk of cavities, follow a regimen of brushing, flossing and rinsing, and reduce your consumption of sweets and carbohydrates. Plaque and sugar combine to make acid, which can cause decalcification (white spots) on teeth.