

I broke off a bracket by biting into an apple and had to go get my braces fixed. It's easier to just cut up the apple!

Eat Smart

Be careful of what you eat so you don't damage your braces. For instance, think before you bite into that corn on the cob. Is it worth the risk of breaking off a bracket? Here are tips on how to eat smart with braces.

Try Soft and Bite-Sized Foods

Soft foods are best if teeth are sore when braces are first put on and after adjustments. Soups, stews, pasta, and rice dishes are good choices. Also try scrambled eggs, mashed potatoes, cottage cheese, and yogurt.

Bite-sized foods are less likely to damage braces, so cut up your food when needed. For instance, cut bigger, chewy foods like steak, pizza, and bagels into pieces. Cut meat off the bone and corn off the cob. Also, slice up fresh fruit and raw vegetables, such as apples and carrots.



Avoid These Troublemakers

Certain foods can easily loosen or break your appliances or cause tooth decay. Stay away from the following

Sticky or chewy foods

chewing gum
(even nonstick!)
dried fruit
jerky
caramels and taffy
chewy candy bars
jellybeans

Hard, crunchy foods

popcorn
nuts
corn and tortilla chips
pizza crust
hard candy
ice

Sugary foods

candy, cookies, and other sweets
soft drinks and sports drinks
sugary juices
(If you can't resist these, be sure to brush afterward!)

Chew Your Food, Not Your Nails

To avoid damage to your appliances, don't put anything in your mouth except food. This means no chewing on things such as your fingernails or the ends of pens or pencils.



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