

THINK

B4U EAT!

WINNING CHOICES WITH BRACES

HOW TO SCORE

When you have braces, you do not have to give up all of your favorite foods

However, eating some types of foods can break or loosen your appliances and can lengthen your a time of treatment



AVOID

Anything sticky or chewy. This includes taffy, caramel, Airheads, Skittles, jellybeans, Mentos, Jolly Ranchers, Starburst, licorice, and candy bars that have caramel in them. *Peanut butter is fine.*

X

Anything hard or crunchy. This includes hard candies, hard pretzels, pizza crust, whole nuts and ice.

X

Biting into anything with a hard center. This includes ribs or chicken legs. Pull the meat off the bone before eating.

X

"Biting off" parts of food. Cut apples into small wedges and chew them with your back teeth. Also, you need to cut corn-on-the-cob off the cob.

X

Sucking on lemons.

X

THE GOOD STUFF

✓ **Sugar-free gum.** It helps relieve aches and tenderness.

✓ **Popcorn is OK,** but avoid eating the kernels that have not completely popped.

Chips and tacos should be broken ✓ into small pieces and chewed in the back.

If you eat raw veggies, ✓ **cut them into small pieces and eat them with your back teeth.**

Other sweets and all sodas are ✓ okay, but **make sure you brush immediately after** you finish with them, or at least rinse with water.

IF YOU HAVE ANY QUESTIONS REGARDING CERTAIN FOODS, PLEASE CALL US.
IF SOMETHING IS BROKEN OR LOOSE, PLEASE CALL AS SOON AS POSSIBLE AT 804.282.0505.

**fixing broken appliances takes more time than your regularly scheduled appointment*