

# Orthodontic Food List

## #1. On the 1st day, please start enjoying soft foods



Eat soft foods such as soups, purees, and well-cooked pasta or rice as the brackets are more likely to break during this time.

## #2. Enjoy soft foods until you are used to eating with your braces



Continue eating soft foods until you get accustomed to eating with your braces.

## #3. Cut your fruits and veggies before eating

You can still enjoy your fruits and veggies with your braces. Cut them into small thin slices before eating (and avoid biting into them with your front teeth). You may also lightly steam your vegetables to soften them up!



## #4. Avoid or reduce foods and beverages high in refined sugars.



Especially avoid all sodas and other artificially sweetened beverages.

## #5. Foods to Avoid:

- Chewy Candy
  - Gum (even sugar free)
  - Hard Candy
  - Jolly Ranchers
  - Candy with nuts
  - Butterfingers
- Hard Bread Products
  - French bread (any crusty bread)
  - Hard rolls
  - Pretzels
  - Bagels
  - Pizza Crust
  - Biscotti
- Hard Meats & Meat on the Bone
  - Ribs
  - Beef Jerky Slim Jims



## #6. Please avoid all foods that are too hard, sticky, chewy or too sweet.



Avoiding these types of foods can prevent your braces from being dislodged or damaged easily.

