

# Brace Watchers Diet



Our goal is to provide you with a beautiful smile. This can only be accomplished if the braces stay attached to your teeth. We do not want to interfere with your nutritional intake, but we do ask that you watch the types of food you eat. Some types of foods are capable of breaking your bands or brackets, bending your wires, and breaking the cement under your bands or brackets. All these things prolong treatment time!

A careful patient can eat a nutritionally balanced diet and do no harm to his or her braces. We hope that you will strive to be this type of patient. The foods listed below are the ones that we have found to be the most common causes of loose bands, brackets and broken appliances.

## Hard Foods

Ice	Pizza crust
Hard candy	Popcorn
Hard cereals	Carrots and Apples (cut into slices)
Hard chips/pretzels	Corn on the cob (slice off cob)
All nuts	Ribs/Chicken wings (slice of bone)

## Sticky/chewy Foods

Caramels	Ex. Tootsie rolls, taffy, suckers
Gum	Fruit roll ups
Any sticky/chewy candy	Caramel apples

## Sweet Foods

Cake	Ice Cream
Pie	Cookies
Candy	Sweet Drinks (pop, lemonade etc.)

Be a good "Brace Watcher". Please notify our office if appliances become loose or broken in order to minimize prolonged treatment time.

Brushing is important at all times, but especially now that you have braces. Work hard to keep your braces just as shiny as the day they were placed. If you keep your teeth clean, when your treatment is complete and your braces are removed, you will be proud to smile ... **because a smile is forever!**