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## “Brace Watcher’s Diet”

Our goal is to provide you with a beautiful smile. This can only be accomplished if the braces stay attached to the teeth. We do not want to interfere with your nutritional intake, but we do ask that you watch the types of foods you eat. Some types of foods are capable of breaking your bands and/or brackets, bending the wires, and even breaking the cement under your bands and 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. We have certainly not listed every name or type of food, but please use some common sense and realize that similar foods are just as bad. If in doubt, leave it out!

### Hard Foods

1. **ICE** (NO CRUNCHING, PLEASE)
2. **HARD PIZZA CRUST**
3. **CRISP FRENCH FRIES**
4. **HARD CORN CHIPS** (Doritos, etc.)
5. **PEANUTS** (other nuts too)
6. **LIFESAVERS** (and similar candies)
7. **POPCORN**
8. **PEPPERMINT STICKS**
9. **WHOLE CARROTS & APPLES**
10. **CORN-ON-THE-COB**(may be eaten if sliced off the ear)
11. **RIBS** (may be eaten if meat is sliced from bone)
12. **SUNFLOWER SEEDS**
13. **Other questionable hard foods**

### Sticky and Chewy Foods

1. **CARAMELS** (or candies with caramel)
2. **TAFFY**
3. **GUM** (not even “Freedent”)
4. **“NOW & LATER” candy**
5. **“LAFFY TAFFY” candy**
6. **“JOLLY RANCHERS” candy**
7. **“MARATHON” bars**
8. **“MILKY WAY” bars**
9. **“SLOW POKE” bars**
10. **“SUGAR DADDY” candy**
11. **“GUMMY BEARS” and other gummy’s**
12. **Other questionable candy or food**

### Foods That Cause Cavities

Although they may not cause damage to your appliances, care should be taken to brush your teeth immediately after eating any food that contains sugar (sweet foods). If you cannot brush, at the very least, you should rinse your mouth out with clean water.

1. **CAKE**
2. **PIE**
3. **CANDY** (any type)
4. **ICE CREAM**
5. **COOKIES**
6. **SWEET DRINKS** (sodas, juice, lemonade, etc.)

Also, when left on the teeth for extended periods of time, other simple carbohydrates such as breads, potatoes, corn, pasta, etc. have been shown to increase the risk of cavities. So, always remember to brush your teeth as soon as possible after eating. Brushing is important at all times - but especially now that you have braces. Work hard to keep your braces and teeth just as shiny as the day your braces were brand new. Then when your treatment is complete and your braces are removed, you will be proud to smile! Remember...**A SMILE IS FOREVER!**

Be a good “**Brace Watcher!**” Please notify our office if appliances become loose or broken in order that we might minimize prolonged treatment time. (913) 782-2207