

# EATING WITH Braces

Life with braces doesn't mean giving up all the foods you love. It does mean taking a break from the sticky, chewy foods that break braces. Look below before you eat.

## **Stop! Eating hard or sticky foods breaks appliances. Avoid:**

Ice  
Fruit Roll-Ups  
Jolly Ranchers  
Popcorn

Gummy Bears  
Biting Fingernails  
Caramel  
Chips

Crusty Bread  
Skittles  
Starburst  
Nuts

Granola Bars  
Taffy  
Pencil Erasers  
Gum

## **Caution! These foods may be eaten with proper preparation:**

**Apples:** Cut into small pieces and chew on back teeth

**Chicken Strips:** Cut into small pieces and chew on back teeth

**Carrots:** steamed  
**Corn:** Cut off the cob

## **Go! Choose these braces-friendly options:**

Soft Cheese  
Eggs  
Bananas  
Pasta  
Applesauce

Meatballs  
Beans  
Yogurt  
Strawberries  
Cottage Cheese

Salmon  
Rice  
Pancakes  
Pudding  
Oranges

Seedless Grapes  
Ice Cream w/o Nuts  
Mashed Potatoes

If you are unsure or have any questions call us  
at: **888.55.BRACES**

[www.coolsmilesorthodontics.com](http://www.coolsmilesorthodontics.com)

