

PROBLEM FOODS WHEN YOU HAVE BRACES!

Eating proper foods, minimizing sugar intake and getting enough sleep are essential during your orthodontic treatment. Your braces are precise appliances that can be damaged by eating hard foods. Some soft & sticky foods can cause cavities or break your braces

HARD FOODS TO BEWARE OF:



Whole fruits and vegetables, such as apples and carrots hours be **cooked** or **cut into small pieces** and eaten carefully!



SOFT FOODS TO BEWARE OF:



Use **COMMON SENSE** when choosing food to put in your mouth and **AVOID** chewing on hard objects like **PENS, PENCILS** or **FINGER NAILS!**

