

BRACES FRIENDLY EATING TIPS

When you are wearing braces, it is important to avoid certain foods that can damage your orthodontic appliances, brackets, and wires, which may cause delays in treatment.

The key rule is: nothing hard, sticky, or chewy!



RED LIGHT

(Never Eat!)

Beef Jerky
Bubble Gum
Caramels
Croutons
Gummy Bears
Hard Candies
Hard Pretzels
Ice
Jelly Beans
Licorice
Nuts
Peanut/Pretzel M&Ms
Pizza Crust
Skittles
Starburst
Suckers
Taffy
Tootsie Rolls
Pens and Pencils



YELLOW LIGHT

(Use caution, must be cut or

broken up and chewed
carefully with back teeth.)

Chicken Wings
Corn on the Cob
Crusty Bread
Fruit with Pits
Granola Bars
Hard Bread/Bagels
Hard Fruit
Nacho Chips
Popcorn
Raw Vegetables
Ribs
Foods high in sugar: don't
eat often and brush soon
after.



GREEN LIGHT

(Go for it!)

Cereal in Milk
Cheese
Eggs
French Fries
Ice Cream
Jello
Milkshakes
Pasta
Potato Chips
Potatoes
Pudding
Sandwiches
Smooth Peanut Butter
Smoothies
Soft Pretzels
Soup
Steamed Vegetables
Sugar-Free Chewing Gum
Yogurt