

FOOD AND YOUR BRACES

Now that you have your braces on you will need to ensure that you avoid certain foods and take extra care when eating others, so as to avoid damage to your teeth and braces.

INITIALLY

As your teeth start to move they will be very sensitive. Select soft foods (soup, pasta, yogurt, mashed potato etc) until this discomfort eases.



FOODS TO AVOID

You will need to avoid all foods that are **chewy**, **sticky** or **hard**.

Things like:

- Minties, fantails, redbins, roll ups
- Chewing gum and bubble gum
- Caramels and toffees
- Nuts
- Popcorn
- Ice
- Lollies

These types of foods are guaranteed to break or damage your braces



FOOD AND DRINK TO LIMIT

You will need to reduce your consumption of foods and drinks that are very sugary and acidic.

Examples of such foods are:

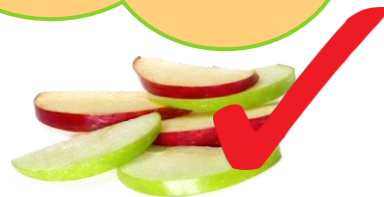
- Soft drinks
- Sports drinks (powerade, gatorade etc)
- Orange juice
- Chocolate
- Ice-cream
- Cakes, Lollies and Biscuits

Keep these types of food and drink limited, so as to reduce the risk of staining on the enamel of your teeth following treatment.



GOOD HABITS

Your front teeth act like scissors when biting into foods, this can easily break off the bonds. So get into the habit of cutting or breaking your food into smaller pieces and chewing them with your back teeth. This doesn't mean you can't eat apples, carrots etc, just cut them up, and chew them on your back teeth.



BAD HABITS

Things like nail biting, chewing on pens and pencils and using teeth to open bottles or untie knots will cause breakages. Remember the more breakages you have the longer your braces will be on!



CLEAR BRACES

If you have chosen clear braces remember that the clear alastics holding the wire in place are susceptible to discolouring. Be careful with foods and drinks that are high in artificial colouring and tannin.

Examples of such foods are:

- Tea, coffee
- Red wine
- Curries
- Packet soups

HELPFUL HINTS

- Choose bread over crusty rolls
- Leave crusts if necessary – including pizza crusts
- Use microwave to soften foods
- Warm milk on cereals makes them softer
- Eat soft chocolate not frozen or hard chocolate
- Choose normal chips over corn chips
- Grate carrot
- Cut corn off the cob