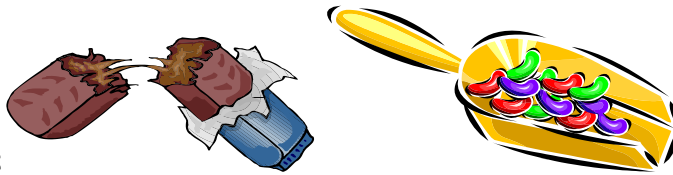


Foods that are **Sticky** and **Hard** can **Damage** or **Loosen** orthodontic appliances. The following list is an example of food types which you should **not** eat while having braces or removable appliances in your mouth:



Sticky foods:

- Gum, taffy, caramel candy bars like snickers, mars bars, milky ways, and twix bars are examples of candy bars with caramel in them and should not be eaten.
- Jelly beans, licorice, starburst, gummy bears, and skittles are examples of other types of candy which becomes sticky as you eat them and should be avoided.



Hard foods:

- Hard candy or cough drops should not be chewed. If you have a sore throat, you may suck on a cough drop but be careful not to bite into it.
- Nuts, popcorn, ice cubes, pen caps, and pencils are also hard and should not be chewed on.
- Fritos, Doritos, nachos and hard tacos should also be avoided.
- Thin pretzel sticks are ok but thick ones are too hard to eat. Crackers and cookies that are not hard are also ok to eat. You also have to be careful of foods with hard crusts such as, pizza, and bagels. Try cutting them into small pieces before eating.
- Apples and raw carrots should be sliced before eating as well. Corn on the cob should be sliced off prior to eating.

Please think about foods that you like to eat and ask us whether or not they are ok to eat. Loose or broken braces simply delay your treatment. Therefore, the better you can do at following the rules, the faster your treatment will be completed.