

BRACES DO'S AND DONT'S

ENJOY THESE

- MASHED POTATOES
- RICE
- PASTA
- SEAFOOD
- CHICKEN
- YOGURT
- EGGS
- SOUP
- SMOOTHIES
- ICE CREAM
- OATMEAL
- STEAMED VEGETABLES
- SOFT FRUITS

ENJOY SOFT FOODS,
AND FOODS IN BITE
SIZED PIECES



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WHY AVOID?

These foods can cause damage to your braces, such as broken brackets and wires. This can set you back in treatment, something we definitely want to avoid!

AVOID THESE

- WHOLE APPLES
- CORN ON THE COB
- HARD PIZZA CRUST
- NUTS
- ICE
- CHEWING ON PENS,
PENCILS, AND ERASERS
- RAW CARROTS
- CARAMEL
- GUM
- HARD CANDIES
- POPCORN
- HARD CHIPS

AVOID ANYTHING HARD,
CRUNCHY, STICKY, OR
SUPER CHEWY

QUESTIONS?

Head to our website under "Patient Instructions" to learn more!
www.happiersmilesorthodontics.com