



Certain foods will cause the glue bond between brackets and the tooth to break.
Foods to avoid with braces:



Apples, pears, etc: Don't bite into a whole apple. Cut it into pieces.

Bagels and hard rolls: these can bend wires as well as loosen brackets

Beef Jerky: the tearing motion of this and similar foods is bad!

Bubble Gum: can help ease the pain of braces but some gums will get stuck in braces

Candy Canes or suckers: too hard and will increase plaque deposits due to the sugar in these foods

Caramels, Taffy and chewy candies: too chewy and sugary; will break brackets and cause decay around the brackets.

Chicken Wings, Ribs, etc: cut the meat off the bones first

Corn Chips: Crunchy foods need to be avoided.

Fingernails: Can break off brackets and can cause tooth root resorption

Fruit roll-ups

Gummi's

Hard Candies

Hard Cookies

Ice in any form; no crunching of ice.

Nuts

Peanut brittle

Pens and Pencils

Pickles

Popcorn: avoid the kernels. If you can't make the distinction, avoid the popcorn.

Pizza Crust: The rest of the pizza is OK

Pretzels

Raw vegetables like carrots: cook them to soften them up a bit

