

FOODS to avoid With Braces

Sticky Foods
and Candies



Hard Foods

MODIFY the following

Apples cut
into slices



Corn on the cob
cut off the cob



Ice - Don't
chew on it



Raw Carrots
thin slices only



Raw Broccoli
or Cauliflower
thin or small pieces



Hard Crusty Pizza,
chips, etc. - break or
cut into small pieces



French Bread, Tacos,
Bagels, etc.- break or
cut into small pieces



AVOID chewing on hard objects
such as pens and pencils!!

AVOID sodas and other sugary drinks
as they can cause tooth decay!!

