

THE FOOD CHART



No, you really don't have to STOP eating now that you are wearing braces!!
But what you eat and how you eat will be very important in determining how your treatment goes and if it stays on time.



Food that cannot be cleaned off your braces can lead to discoloration and decay of your teeth. Even though our braces and wires are strongly made, they are fragile and can be easily damaged by eating the wrong foods and that can make your treatment take longer!

THE NO-NO's - Don't Go There!

Chewing Gum - sugarless or otherwise. It bends wires and slows treatment.

Eating candy and Drinking soda.

Sticky Foods - Carmel



Gummy Bears
Starburst
Now & later
Shark Bites

Carmel apples
Licorice
Granola Bars
Mike & Ikes
Swedish Fish

(Dr. Pavlo's favovrite)

Tootsie Rolls
Toffee
Sugar babies
Jolly Ranchers



We know, these are your favorite things!!

Hard Foods -



Nuts	Ice	Pizza Crust
Popcorn	Doritos/Hard Corn Chips	Granola
Hard candy	Very crunchy foods	Hard Pretzels



Must be cut - Apples, carrots, bagels, etc. into small pieces

Eat Much Less - Sugar, Cookies, Cakes, Ice Cream, Pies

Drink Much Less - Sports drinks and drinks containing sugar

AVOID CHEWING ON THESE NON-FOODS - Pencils, Pens and Fingernails

If you don't see it listed here and you are not sure, either DO NOT eat it or call us first and ask. We are here to help!

Dr Pavlo and his team