

What to Chew Chart

No-No list

Eating these foods will loosen the braces, but you may not discover the problem until hours or days later. Loose bands, broken wires, and detached braces cause a longer treatment time.

Ice...chewing on it will totally destroy your braces

Caramel Candy, All Gum, Laffy Taffy, Starburst, tootsie rolls, toffee, Licorice, Jelly Beans, Suckers, Jolly Ranchers, Starburst, and Most Candy bars

Beef Jerky, Slim Jims...tough as nails

Nuts...no nuts of any kind

Popcorn...kernels loosen the bands and get stuck in your gums and can cause infection

Be Cautious

Pizza Crust...the hard crust bends wires

Hard Pretzels...bend wires, loosen bands, knock off brackets

Doritos, Tostitos, Cheetos, Fritos and the like...will form a hard ball and break your braces

Hard Roll & Bagels, bend the wires and knock off brackets

Corn on the Cob...just cut corn off the cob

Ribs...knock off braces

Raw Carrots, Apples...cut into small pieces and enjoy

Yes-Yes list

(When following a nutritious diet, these items can be considered for special treats!

Always remember to brush after enjoying these items)

Flaky Potato Chips (Lays type)

Soft Pretzels/Small Pretzel Sticks

Cheese Puffs...yum, yum

Jays O-KE-DOKE Corn Puffs

French Fries...who doesn't love fries

Onion Rings

Cake...moist & tasty

Ice Cream/Sundaes (without nuts)

Pie (without nuts)

Milkshakes/Smoothies...creamy & delicious

Soft Cookies...so many to pick from

Brownies (without nuts)

Plain M & M's...melts in your mouth

3 Musketeers

Kit Kats...delicious cookie crunch

Cadbury Caramellos