



Diet and Eating Habits for Orthodontic Patients

Stay away from hard foods like:

- Popcorn
- Corn Chips
- Nuts
- Hard lollies
- Pizza Crust
- Corn-on-the-Cob
- Hard biscuits



Hard foods will break brackets, damage wires and loosen cement under brackets and bands.

Avoid sticky foods like:

- Liquorice
- Caramel
- Chewing gum
- Dried fruits
- Chewy lollies
- Sticky muesli bars



Sticky foods damage appliances by bending wires and pulling brackets or bands loose.

Brush/rinse after sweets like:

- Lollies
- Ice-cream
- Cakes and cupcakes
- Soft drinks
- Fruit juices
- Sugary cereals
- Milkshakes



If you eat high sugar foods, brush your teeth afterwards, if you are unable to brush, rinse with water.

Eat with care foods like:

- Carrot Sticks – Cut into curls
- Apples – Slice into small wedges
- Hard breads – Take small bites, chew carefully
- Meats – Take small bites, chew carefully
- Crackers – Take small bites, chew carefully
- Peanut butter – ‘Smooth’ only, no crunchy



A careful orthodontic patient can probably eat almost any food and do no damage to his or her appliances, however, use common sense. If in doubt ask your dental assistant.