

Instructions on the care of your teeth during orthodontic treatment

FOODS TO AVOID WHEN WEARING A FIXED BRACE

The following is a list of foods you should try to avoid as they can:

1. damage your braces and lead to unnecessary delays in your orthodontic treatment
2. could cause tooth decay.

FOODS THAT CAN DAMAGE YOUR BRACE

Hard / Crunchy foods such as:

- Nuts, Trail mix, sunflower seeds and popcorn
- Hard Cereals, muesli and cereal bars. Hard Tacos and pretzels
- Crunchy crisps (Doritos, Ruffles, Hula-Hoops, Kettle Crisps)
- Pizza Crust. Crusty French bread or rolls (eat the soft inside), burnt or crusty toasty
- Crisp roast potatoes. Pork Crackling.

These surgary foods and drinks are likely to cause tooth decay.	Suitable Alternatives
Sugar Puffs, Muesli, Frosties, Start, Ricicles Crunchie Nut Cornflakes, Coco-pops, Sporties, Honey Nut Clusters	Cornflakes, Weetabix, sugar-free Muesli, Porridge, Shreddies, Branflakes, Rice Crispies, Ready Brek, Shredded Wheat, Puffed Wheat, No sugar to be added.
Biscuits, cakes, cereal bars.	Crackers, crispbread, English Muffins, crumpets, toast, pitta bread, naan bread, Bagels, jacket potatoes.
Jam, honey, marmalade, chocolate spread.	Sugar-free jam or marmalade, sugar-free peanut butter, pates, vegetable extract (Marmite) cheese, savoury deli-counter foods.
Tinned fruit in syrup/juice, fruit yoghurts, milkshake, ice cream.	Fresh fruit, diet or natural yoghurt, home made fruit milk shakes/smoothies, diet/light ice cream
Sweets, chocolate bars, chewing gum.	Low fat crisps, corn or potato puffs, sugar-free chocolate.
Drinking chocolate, Ovaltine, Bournvita, Horlicks.	Unsweetened cocoa
All squashes, fruit juices, fizzy drinks, flavoured water.	Water, milk, tea or coffee without sugar. Fruit or herbal tea,

The following foods should be cut into bit-sized pieces:

- Bagels - Pizzas (no crust) - Meat (cut off the bone) - Corn on the cob (cut off the cob)
- Apples, pears, nectarines, peaches - Raw vegetables (grated or into very thin strips).

**Please do not bite on pencils or pens or chew your fingernails.
Take care with sports drinks bottles.**