

# Foods to avoid

## WITH ORTHODONTIC APPLIANCES

With orthodontic appliances (brackets/bands), you need to avoid foods/items that are hard or sticky because they can break, loosen, and/or damage your braces.

### Examples:

Caramel/Candy Apples  
Starburst  
Ice  
Snickers  
Lollipops  
Twix  
Licorice  
Hard Pizza Crust  
Doritos/Fritos  
Caramel  
Hard Cookies  
Hard Shell Tacos  
Taffy  
Tootsie Rolls

Beef Jerky/Slim Jims  
Runts  
Sweet Tarts  
Ribs/Wings  
Hard Pretzels  
Pens/Pencils  
Hard French Bread  
Cough Drops  
Fingernails  
Whole Apples  
Chewy/Hard Candy  
Raw Carrots/Broccoli  
Jelly Beans  
Skittles

Lifesavers  
Corn Chips/Tortilla Chips  
Gum/Gum Balls  
Jolly Ranchers  
Now & Laters  
Corn on the Cob  
Hard Granola Bars  
Jawbreakers  
Sugar Daddy's  
Milk Duds  
Gummy Candies  
Heath Bar  
Sunflower Seeds in Shells  
All Nuts

**Remember: When you break a bracket, it only makes your treatment time longer. Please be careful about what you eat!**