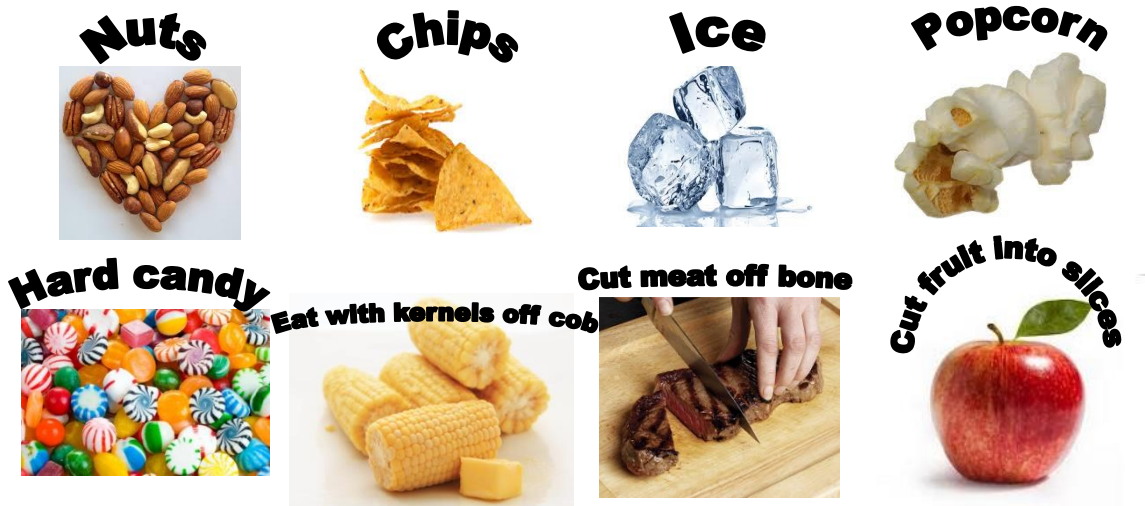


Favorite Foods To Avoid

Eating proper foods, minimizing sugar intake and getting enough sleep are essential during orthodontic treatment. Your braces are precise appliances that can be damaged by eating hard foods. Some soft and sticky foods can cause tooth decay and loosen or dislodge your braces.

Hard Foods



Chewy Foods



Never Good



Avoid sodas and drinks that contain sugar



Avoid Chewing on hard objects such as pens and pencils and your nails

***This list is not just limited to foods listed**