**FOOD LISTS**

Certain foods can cause damage to your braces and other high-tech appliances in your mouth. When things get broken, your treatment can slow down. Even worse, you may have to come in for extra visits to get things fixed. This isn’t any fun for anyone…even though we love to see you! Please be cautious with the things you choose to eat and remember that fingernails, pen and pencils are supposed to be outside of your mouth at all times! Please call our office should anything need repair.

**The YES-YES List**

Dairy- cheese, pudding, mik, chocolate Vegetables - all cooked or steamed

milk, smoothies, ice cream, all kinds of eggs vegetables, mashed potatoes, salad, and

-poached, boiled, fried, sunny side up and green smoothies and soups

scrambled

Fruits - whole fruit can be cut into pieces

Breads- whole wheat bread, white bread, and eaten on the back molars including,

soft tortillas, pancakes, English muffins, baked apples, pineapple and pears. Other fruits

muffins without nuts, pancakes, and like applesauce, bananas, grapes, fruit juice

soft waffles fruit smoothies, berries, cantaloupe,

honeydew, and watermelon are okay as

Grains - pasta, rice, quinoa, and barley they are

Meats/Proteins - soft cooked chicken, pulled Treats - ice cream without nuts, syrupy ice

pork, ground beef and chicken, meatballs, cream toppings like caramel, melted peanut

lunch meats, peanut butter, cooked beans, butter or chocolate are excellent to satisfy a

hamburger, hot dogs sweet tooth, water ice, milkshakes, Jell-O,

cake, cupcakes, plain chocolate and the list

Seafood - cooked fish like salmon, tilapia, goes on!

tuna, tuna salad, crab cakes, shrimp, sushi,

and clam chowder

**The NO-NO List**

Chewy foods - bagels, hoagie rolls and Foods that require biting into - corn on

chewy candy cob, whole apples, carrots, chicken wings

spareribs

Crunchy foods - popcorn, hard pretzels

ice cubes, hard tacos Sticky foods - caramel candies, gummies, starburst, chewing gum

Hard foods - nuts, hard candies, & sugary SODAs!

pizza crust, sub or hoagie rolls

**Remember anything that is hard to pull apart with your fingers will be too much force on the braces! Please avoid biting into your foods - cut up all your foods into small pieces and place them in your mouth to chew:)**