



## EATING WITH BRACES

### DAIRY PRODUCTS



- Dairy products are acceptable except ice cream with nuts or hard chunks.
- Avoid hard ice cream sandwich bars.

### BREADS/CEREALS/GRAIN



- All crusty and dense breads should be broken into bite size pieces (French/Italian bread, buns, bagels and pizza crust).
- Soft cereal bars are fine but avoid hard and chewy granola bars.
- Cereals are fine but avoid large, hard cereals.

### FRUITS/BERRIES/VEGETABLES



- Cut apples and pears into slices.
- Remove pits from plums, peaches and cherries.
- All raw veggies should be cut into thin slices or bite size pieces.
- Cut the kernels off the cob of corn.
- Avoid dry fruit.

### MEAT/POULTRY/FISH AND SUBSTITUTES



- Cut all the meat off the bones (chicken wings, drumsticks and spare ribs).
- Avoid sunflower and pumpkin seeds.
- Nuts should be finely chopped.
- Avoid chewing on chicken or rib bones.

### ENJOY



- You can eat plain chocolate at room temperature.
- You may eat chips and cheezies.
- Take small bites when eating pretzels, nachos or taco chips.
- Minimal soft drinks but if you are having a soft drink or juice drink them with a meal.

### AVOID



- Avoid ice cubes and popcorn kernels.
- Avoid all hard, sticky and chewy candy (gum, fruit roll-ups, gummi bears, sour keys, toffee, caramel).
- Do not chew on pens, pencils or chew finger nails.
- Do not open packages with your teeth.
- Do not suck on lemons or limes (very acidic and can damage your enamel).
- Avoid pop and carbonated drinks