



Please be careful and think about what you eat. When in doubt, don't eat it. When you break a brace/bracket because of what you were eating, it only makes your treatment time longer.

Foods You Can Eat With Braces	Foods to Avoid with Braces
Soup	Chewy foods
Grilled cheese	Crunchy foods
Pasta	Sticky foods
Rice	Hard foods
Mashed potatoes	Foods that require biting into
Fruit	Bagels
Cheese	Licorice
Pudding	Popcorn
Jell-O	Chips
Soft sandwiches	Caramel candies
Cooked vegetables	Chewing gum
Raw veggies cut into small pieces	Nuts
Ice cream	Hard candy
Milkshakes	Corn on the cob
Smoothies	Hard pizza crust
Chocolate bars without nuts	Rice Crispy treats
Olives and Pickles	Doritos
Tuna, Salmon and Crab	Fritos
Macaroni and cheese	Cheetos
Peanut butter and jelly	Hard Taco Shells
Soft Tortillas	Lollipops
Pancakes	Lifesavers
Muffins without nuts	Jolly Ranchers
Soft cooked chicken	Beef Jerky
Meatballs	Slim Jims
Lunch meats	Carrots (slice into thin sticks)
Applesauce	Apples (slice into small wedges)
Bananas	Hard granola bars
Soft cake	Ice and Ice Cubes (do not chew – okay in drinks)
Steamed spinach	Fruit Roll-Ups
Beans	Taffy and Tootsie Rolls
Yogurt	Starbursts
Real Fruit Juices and Drinks	Sugary Drinks Like Pop and Energy Drinks

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