

Concerned Dental Care

Orthodontic Diet Chart

To Be Posted On Your Refrigerator Door*
The foods to avoid are

HARD FOODS

Raw Carrots	Meat on the Bone	Doritos/Nachos
Raw Apples	Popcorn	Fritos/Cheetos
Pens/Pencils	Chewing on Ice	Hard Shell Tacos
Corn on the Cob	Nuts	Hard Breads
Bagels	Hard Pretzels	
Rice Crispy Treats	Hard Granola Bars	

STICKY/HARD CANDY

Gum (including sugarless)	Lollipops	Gummy Bears
Gumballs	Sour Straws	Caramel
Jawbreakers	Jelly Beans	Jolly Ranchers
Taffy	Licorice	Skittles
Starburst	Sugar Daddy/Babies	Candy Bars
Twizzlers	Fruit Roll-Ups	Now & Laters
Tootsie Rolls/Pops		

STAY AWAY FROM SUGARY AND ACIDIC JUICES AND SODAS

Pepsi	Root Beer
Coke	RC

These Sodas can do damage to your tooth enamel

ANYTHING HIGH IN SUGAR EAT LESS OF AND BRUSH IMMEDIATELY AFTER

Pies Cakes Cookies Pastries

*******REMEMBER *******

When you break brackets and bands, etc because of what you are eating, it only makes your treatment time longer. So PLEASE be careful and think about what you eat. WHEN IN DOUBT. DON'T EAT IT!!!

Although there are many foods you are not allowed to eat while in braces.

Here's a list of foods you can eat ...

Pudding	Jell-O	Yogurt
Soups	Pasta	Peanut Butter & jelly
Rice	Soft fruit	Cheese
Ice cream	Milk shakes	Cooked Vegetables
Olives(no pits)	Pickles	Soft Sandwiches
Milk Chocolate(No Nuts)		Grilled Cheese
Tuna Salad	Cooked Vegetables	

******** REMEMBER ********

Thorough daily brushing, flossing and the use of a fluoride rinse are vital to avoid permanent stains and cavities