



Learning to eat with braces takes time. During the first few days, your teeth will be the most sore and eating anything will be difficult. Stick to really soft foods like yogurt, mashed potatoes, pasta, soup and ice cream. After the soreness fades, remember that you still can't eat just anything. Braces require care to prevent them from coming unglued. Stay away from hard, sticky, and chewy foods. The following is a list of some examples of what and what not to eat:

### Don't Eat

Sticky and hard candy (Skittles, Starbursts, gummy bears, lollipops, jelly beans, to name a few)

Hard bread (toast, pizza crust, toasted bagels, hard tacos)

Pretzels, chips, granola bars, nuts, Doritos, Tostitos

Raw vegetables, corn on the cob, whole fruits (apples)

Ribs, chicken wings (meat on a bone), beef jerky

Ice cubes, frozen popsicles

Pens, pencils, fingernails, mouthguards, waterbottles

### Eat

Chocolate, Peanut Butter Cups, Hershey's Kisses, M&M's

Soft bread (untoasted bread, untoasted bagels, soft tacos)

Fully popped popcorn (no kernels), soft pretzels, goldfish

Cooked vegetables, chopped vegetables, sliced fruit

Hamburgers, hot dogs, chicken fingers, cheese, pasta, mashed potatoes, french fries, eggs

Ice cream, pastries, cupcakes