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### **Foods to Avoid with Braces**

Although braces have become sturdier with modern technology, it's still important to be careful not to damage them. Certain foods can damage braces components like the rubber bands, wires, or even the bracket itself. Generally, avoid all foods that are sticky, hard, or chewy. Soft foods are most recommended for those who wear braces because they are gentler on braces hardware.

Read the following list of foods to avoid as well as recommended foods for braces wearers.

### **Foods to Avoid When Wearing Braces**

- Popcorn
- Nuts
- Hard taco shells
- Sticky and hard candy
- Gum
- Ice
- Corn chips
- Pretzels
- Hard cookies or crackers
- Sticky or hard chocolate

Try to avoid biting into hard foods with your front teeth. When possible, cut up these hard foods into smaller pieces:

- Raw vegetables
- Croutons
- French/Italian bread
- Fruit
- Hard rolls
- Thin crust pizza
- Meat
- Burgers
- Sub sandwiches
- Corn on the cob

### **Recommended Foods When Wearing Braces**

- Hull-less popcorn
- Yogurt
- Bananas, grapes, oranges, strawberries, and other fruits without pits
- Light crackers or cookies
- Cheese
- Mashed potatoes
- Peanut butter and jelly
- Ravioli, spaghetti, macaroni and cheese, and other noodle dishes