

# Foods To Enjoy and Foods To Avoid with Braces

| Food to Enjoy   | Food to Avoid   |
|---|---|
| Soft Nutritious Foods                                   | Hard, Sticky & Sugary Foods   |
| Oatmeal   | Sugar coated Cereal   |
| Yogurt  | Nature Valley Granola Bars  |
| Fruit: Cut-up apples & pears etc. into bite size pieces | Raw Carrot sticks and Celery Sticks   |
| Cooked Vegetables                                       | Corn-on-the-cob   |
| Salad: NO Croutons                                      | Nuts  |
| Crackers<br>Example: Ritz                               | Crackers<br>Example: Triscuit   |
| Chicken Wings and Ribs must be cut off the bone first   | Toasted Bagels and Crusty Breads & Buns   |
| Regular Thin Potato Chips<br>Example: Lays              | Kettle Cooked Chips & Tortilla Chips<br>Example: Doritos, Tostitos, Miss Vickie's |
| Pizza: watch that the crust isn't too hard              | Gummy Candy and Snacks  |
| Ice Cream   | Ice Cubes   |
| Pasta & Rice  | Caramels and hard candies<br>Example: Candy Canes                                 |
| Water & Milk  | Pop & Sports Drinks   |
| Sugar Free Stick Gum<br>Example: Five Gum               | *If you think it's too hard, DON'T EAT IT*  |