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## Food for Orthodontic Thought: The Dreaded NO-NO List

Eating proper foods and minimizing sugar intake are essential during orthodontic treatment. Your braces are precise appliances that can be damaged by eating hard foods. Some soft and sticky foods can cause tooth decay and loosen or dislodge your braces.

### HARD FOODS to avoid include:

- Ice
- Corn chips (Tostitos, Fritos, etc)
- Popcorn
- Jerky (Slim Jims)
- Hard Candy
- Nuts
- Pizza Crust
- Corn on the Cob
- Jolly Ranchers
- Hard shell tacos
- Now or Later
- Suckers

### SOFT FOODS to avoid include:

- Bubble Gum
- Gum
- Starbursts
- Sugar Daddies/Babies
- Tootsie Rolls
- Gummy Bears
- Caramels
- Taffy
- All chewy candies

### LIQUIDS to avoid include:

- Mountain Dew
- Mello Yellow
- Sun Drop

### Please Remember:

- The foods listed above cause bands, wires and brackets to break. Loose bands, broken wires and detached brackets cause a longer treatment time.
- Use common sense when choosing food to put in your mouth and avoid chewing on hard objects such as pens and pencils
- Whole fruits and vegetables (carrots, broccoli, celery, apples, etc.) should be cooked or cut into small pieces.
- Take smaller bites! Cut up your food into tiny bites instead of biting directly into the food item.