



ORTHODONTIC FOOD LIST

For the first 24 hours please enjoy soft foods such as soups, purees, and well-cooked pasta or rice - as the brackets are more likely to break during this time.

Please enjoy a soft food diet until you become accustomed to eating with your braces.

Continue to enjoy your fruits & vegetables, but remember to cut them into small thin slices before eating (and avoid biting into them with your front teeth). You may also lightly steam your vegetables to soften them up!

Avoid or reduce foods and beverages high in refined sugars. Especially avoid all sodas and other artificially sweetened beverages.

Please avoid all foods that are too hard, sticky, chewy or too sweet.

Thank you for avoiding the following foods:

Chewy Candy

Gum (all gum including sugar free)
Hard Candy
Jolly Ranchers
Candy with nuts
Butterfingers

Hard Bread Products

French bread (any crusty bread)
Hard rolls
Pretzels
Bagels
Pizza Crust
Biscotti

Hard Meats & Meat on the Bone

Ribs
Beef Jerky
Slim Jims

Hard Snacks

Nuts
Corn Nuts/Sunflower Seeds
Popcorn kernels
Chips

Avoid All Other Hard Chewing

Ice
Pens
Pencils
Fingernails

PLEASE POST ON YOUR REFRIGERATOR DOOR



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For more information please visit www.tri-ortho.com