

## Eating With Braces

### Dietary Advice and Oral Health

Hard foods can damage or bend the wires, brackets and bands of your braces.

Some hard foods, for example apple and celery can be cut into smaller pieces and chewed on the back molar teeth, carrots can be grated or cut into thin cooked sticks, corn can be cut off the cob.

Sugary, sticky chewy foods and drinks with high amounts of sugar contribute to plaque formation. The low pH (i.e. high acid level) in saliva causes decalcification of enamel surfaces (white spots) and ultimately decay. These foods stick around the brackets and wires making them difficult to clean, leading to tooth decay. Some of these foods are also hard enough to damage the braces.

### Do NOT Eat

Hard and sticky sweets, caramels and lollipops that are sucked on for a long time as they contribute to tooth decay.

Bars such as sticky muesli and crunchie bars, corn chips, chicken bones, pork crackling and ice cubes.

Soft drinks, sports drinks and cordials.

### Suggested Foods

#### Meals:

Pasta dishes, fried and boiled rice, cooked vegetables, meat, stir fries (well cooked) curries, lasagne, scrambled eggs, porridge, vitabrits/weetbix, fruit smoothies, custard and fruit, fish, pancakes, breads (whole meal, pita, Turkish) with fine salad fillings.

#### Snacks:

Puree fruits, fruit salad, yoghurt, custard, cheese and soft biscuits/crackers, noodles, toast, milk drinks.

#### Fruit:

Bananas, pears, melons, oranges, strawberries, grapes, nectarines, peaches.