

## Hello braces, Good-bye taffy... at least for now.

Part of life with braces is the challenge of eating foods that are right for you, and easy on your braces.

Specially for our patients who favor a normal teenage diet- part real food, part "junk food"- braces call for a change in eating habits. During your treatment you'll learn to eat different foods, different ways.

But don't despair. We haven't lost a patient yet from starvation.

**WHAT NOT TO EAT:** Even with care, some foods are out of your life for the time being: hard candy, popcorn, nuts, ice, corn-on-the-cob, corn nuts, ribs, french bread crust, whole apples, - anything that will threaten the hardware. Use common sense.

Sweet or sticky foods between meals requires extra brushing afterwards. You may want to save sweets for mealtimes at home, when you can thoroughly brush.

**USE A BLENDER.** Most fruits can be enjoyed if liquified. Cut anything that looks too hard to handle into smaller pieces. High-sugar foods should be the smallest part of your diet, as well as acidic foods. Your tooth enamel is going through enough right now.

Green vegetables will cling to your braces as if by magic. And you'll probably be the last to know. If salads are your mainstay, get used to rushing off to the restroom for a cosmetic check-up. Or risk someone pointing out that piece of lettuce hanging from your braces.

**IF YOU DO HAPPEN TO POP A BRACKET, BE SURE TO SAVE IT!**  
Make an appointment as soon as possible and bring the bracket with you:)

