



BAD FOODS

<i>Food</i>	<i>Reason</i>
Ice	No and No. Breaks Braces
Pizza Crust, Bagels, French Bread	Chew very carefully if you insist on eating these and do not bite down completely.
Food with bones such as ribs and wings	This one is a 'no brainer'. Use a knife to cut meat from bones!
Popcorn	The husks often get stuck in the gums and cause infections, and hidden un-popped kernels have broken more braces than you can imagine.
Raw Fruit and Vegetables	An important part of any diet. However, cut into small pieces or shave with a carrot peeler.
Suckers and Hard Candy	Guaranteed to cause cavities and will damage braces if you happen to bite down (and you will).
Sweets	Cake, pie, ice cream and chocolate. Try to eat them at the end of a meal, and be sure to brush your teeth right after!
Taco/Nacho Chips	Too hard. Not worth it!
Corn on the Cob	Use a knife or else people will know that you have been eating corn for the next week. Better to use a knife.
Nuts	Become very effectively wedged into the braces, if they don't actually break them.
Beef Jerky	Is this stuff actually food? Whatever it is, it's hard!
Pens, Pencils etc.	You can't imagine how many times we hear this one as a cause of broken braces.

Table taken from www.drduemore.com with permission



GOOD FOODS

When planning your weekly menu, pick from these meal ideas and stay cavity and broken braces free. Do you have a favourite food that doesn't stay trapped in your braces for days? Or how about the nourishing food you eat when your teeth are sore? E-mail it to us and we'll add it to our list of great foods. If we get enough great food ideas we might even produce our own "Ortho Cook Book." For now, try some of these brace-friendly foods.

Breakfast:

Oatmeal
Yogurt
Fruit Smoothies
Pancakes (easy on the syrup)
Home made Waffles / French Toast
(see above)
Eggs (any style)
Cereal
Toast and Jam
Bananas
Grapefruit

Lunch:

Mac & Cheese
Chicken Fingers
French Fries & Potato wedges
Soup, Soup, Soup
Oriental Rice
Grilled Cheese
Cheese
Quesadillas
Subs (only 6 grams of fat!)
Chicken/Tuna/Turkey sandwich

Supper:

Ravioli
Meatloaf
Mashed Potatoes & Squash
Lobster & Crab
Pizza (avoid the hard crust)
Spring Rolls
Burritos and soft shell tacos
Baked Potato
Any Pasta
Cooked Veggies
Cheese
Lasagna
Chili
Stuffed cabbage
Hamburgers and Hot dogs
Salmon (any fish really)
Salami
Ham

Dessert:

Pudding
Ice Cream
Milkshakes
Frozen Yogurt
Raspberry Jello
Popsicles
Applesauce
Bananas
Oranges
Apples (slices)
Grapefruits
Pears
Grapes
Pineapple (peel it first!)
Fruit Cups