



# FOOD LIST

www.thackerortho.com

(513) 232-1600

(937) 393-2600

**THACKER ORTHODONTICS**

1057 Nimitzview Drive • Cincinnati, OH 45230 321 Chillicothe Ave, Suite C • Hillsboro, OH 45133

## **RAW FRUITS AND VEGETABLES**

- Raw fruits and vegetables such as carrots, celery and apples are hard, for that reason they should be cut into small pieces and chewed on your back teeth.

## **CRUNCHY SNACKS**

- Crunchy snacks are prohibited because they can lodge themselves under gums and between appliances. This can cause inflammation of gum and appliance damage.
- Tortilla chips, Fritos, Doritos, and pretzel rods should be broken into small pieces and chewed on back teeth.
- Regular thin chips, cheese puffs, stick pretzels, etc. are acceptable.
- Bagel and pizza crust are okay to eat if soft and cut into small pieces and chewed on the back teeth. Do not bite into these with front teeth.

## **ICE CUBES AND HARD CANDY**

- NO ICE CUBES
- Hard candy (life savers, tic tacs, cough drops) if eaten at all, these should be sucked and not chewed. Do not suck on hard candy if you have any type of palatal appliance.

## **NUTS AND POPCORN**

- Anything containing nuts such as crunchy peanut butter, Snickers, and cookies should be avoided.
- Popcorn is definitely the most damaging to braces! Hulls can become lodged between braces and gums and cause infection.

## **STICKY CANDY AND GUM**

- NO GUM (EVEN SUGARLESS) OF ANY KIND IS ALLOWED!
- Sticky, chewy candy, such as taffy, caramel, Skittles, Starburst, Now N' Laters, Gummy Bears, Milk Dud's, Sugar Babies, Fruit Roll Ups, Tootsie Rolls, and Jolly Ranchers should be completely avoided.

## **CRUNCHY CEREALS**

- Most cereals are suitable because they soften in milk. Avoid cereal containing granola and nuts.

## **OTHER CAREFUL REMINDERS:**

- Chewing on pencils and pen caps can break braces, and think how unsanitary this is!
- Do not chew on your fingernails. Yuck!
- Do not eat meat off the bone, and cut corn off the cob.
- Do not try to open or tear anything with your teeth.

## **\*VERY IMPORTANT\***

- If your braces should break, please do not wait until your regular appointment. Please call us immediately to arrange a repair so that treatment will remain on schedule. Braces that are broken and left unrepaired can add to treatment time. A call is required even if you find your appliances broken the day before or the day of your scheduled appointment.

## **\*MAIN POINTS TO REMEMBER\***

- DO NOT BITE THROUGH HARD FOOD WITH FRONT TEETH. THIS WILL LOOSEN BRACES.
- LOOSE AND BROKEN APPLIANCES MEAN YOU WILL WEAR BRACES LONGER!