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## ORTHODONTIC FOOD LIST

Our orthodontic patients can eat almost any foods. However, there are some types of foods that should be avoided since they may damage the appliances or cause other problem.

.Hard and/or Sticky Foods: they can damage the appliances by loosening the cement that fastens the bands to the teeth. Wires or brackets may also be bent or broken by these types of foods.

.High Sugar Content Foods: should be avoided or limited since they can be responsible for decay in a mouth with orthodontic appliances just as they can in a mouth without orthodontic appliances.

.Some uncooked vegetables and fruits can also cause damage if care is not taken while eating. Foods such as carrots, apples, pears, celery, cucumbers, etc. should be cut into thin wedges or small pieces. Corn on the cob should be sliced from the cob before eating.

.In general these foods should be avoided: popcorn, whole nuts, peanut brittle, caramels, tootsie rolls, licorice, etc. Don't chew hard candies or ice. Try not to chew gum, but if you do make sure it is sugarless or contains Xylitol, such as Carefree Coolers or Trident with Xylitol. Xylitol is an artificial sweetener that can benefit your teeth by strengthening weakened areas of enamel to help prevent decay.

If you do happen to have a bracket fall off, please try to save it and bring it to your orthodontic appointment.



"Grin & Bear Em"