

# DIETARY GUIDE FOR ORTHODONTIC PATIENTS

During orthodontic treatment, it is important to maintain healthy teeth and gums by eating a well balanced diet. Eating foods from all food groups will provide the necessary nutrients for growth and maintenance of a healthy mouth. For extra energy, snacks should be selected from the "fruits and vegetables", "dairy" and "breads and cereals" group.

## Instructions to avoid breakage of brackets and appliances:

1. Biting onto hard objects such as pencils, pens, ice cubes, freezies, suckers etc. is the single, most damaging habit.
2. Avoid putting fingers into the mouth for either nail biting or playing with brackets or appliances.
3. Sticky, crunchy, chewy and hard foods such as toffee, caramels, licorice, nuts, popcorn, jellybeans etc. should be eliminated from the diet.
4. Meat should be cut from the bone.
5. Corn should be cut from the cob.
6. Apples, carrots and other raw vegetables should be cut into smaller pieces or sticks.
7. Hard rolls and buns, pizza crusts, hard-shell tacos and nacho chips should be avoided as well as hard cereals such as granola.
8. Pits should be removed first from fruits such as peaches, plums, nectarines and cherries.
9. Good snack foods include cheeses, yogurts, puddings, fruits and vegetables.

Brackets do not "just fall off" - they become dislodged by lack of attention to the above. If you do have a bracket or appliance come off, please call our office at 519-763-3252.

Thank you 😊

*Dr. Barry White & Staff*