

{ YES/NO FOOD LIST }

FOR ORTHODONTIC PATIENTS

Congratulations on beginning your orthodontic treatment! We have compiled a list of acceptable foods as well as foods to avoid. Remember, any food that is hard, sticky, chewy or gooey can loosen your appliances and you may not even notice until hours or days later. Loose appliances can result in a longer treatment time for you.

Ice Cream • Popsicles • Pudding
Jell-O • Soft Tacos • Spaghetti
Macaroni & Cheese • Mashed Potatoes
Eggs • Yogurt • Cheese Puffs • Soup
Fruits & Vegetables Cut Into Small Wedges
Pringles • Lays Potato Chips
Creamy Peanut Butter & Jelly Sandwiches



Pens & Pencils • Doritos, Fritos, Tostitos
Hard Pretzels • Hard Shell Tacos • Taffy
Ice • Hard, Chewy Breads or Bagels
Beef Jerky or Slim Jims • POPCORN
Caramel Candy • Jolly Ranchers • Nuts
Sticky Gum • Starburst • Skittles
Gummy Bears • Suckers • Tootsie Rolls



Goldreich Orthodontics

3105 Legacy Drive, Suite A • Plano, TX 75023
972.618.6611 • planobraces.com