



8625 Liberty Park Drive, Suite 101, Bakersfield, CA 93311
661.322.2263 • Fax 661.322.6250
www.tadejorthodontics.com

These are a sample of some goodies and foods that are harmful to your braces.

- Abba Zabba
- Almonds
- Any Frozen Chocolate Bar
- Any Gummy Candies
- Bubble Yum
- Bubblicious
- Candy Apples
- Caramels
- Cheetos
- Chews
- Corn Nuts
- Crunchy Chips
- Crunchy Cookies
- Crunchy Pizza Crust
- Doritos
- French Bread Crust
- Fritos
- Fruit Roll-ups
- Gum Balls
- Hard Tacos
- Heath Bar
- Jaw Breakers
- Jerky
- Jolly Ranchers
- Laffy Taffy
- Licorice
- Milk Duds
- Nerds
- Now & Laters
- Peanut Brittle
- Peanuts
- Popcorn
- Skittles
- Skor Bar
- Snickers
- Starburst
- Suckers
- Sunflower Seeds
- Tootsie Rolls
- Tortilla Chips
- Walnuts

Cut These Foods First Before Eating:

- Apples
- Carrots
- Chicken
- Corn on the Cob
- Pears
- Ribs
- Steak

While the above foods can be harmful during orthodontic treatment, there are also foods that complement having braces or other appliances quite well. Below is a list of food items that are fine to eat and will not hinder orthodontic treatment.

Goodies and Fun Foods for Braces

These are samples of some goodies and foods okay to eat with braces. Remember to brush after every meal and floss at least once a day!

- Baked Doritos
- Baked Fish
- Baked Potatoes
- Burritos
- Cakes & Pies
- Cheese
- Cheese Balls
- Cheese Puffs
- Chicken Tenders
- Doughnuts
- Fish Sticks
- French Fries
- Hersey's Candy Bar – no nuts
- Ice Cream
- Jamba Juice
- Junior Mints
- Lays
- M&M's Plain
- Mac N' Cheese
- Marshmallows
- Mashed Potatoes
- Milkshakes
- Milky Way
- Nestles Crunch Bar
- Pasta
- Pirates Booty Popcorn (available at Trader Joes)
- Pizza – thin crust
- Pringles
- Pudding
- Reese's Peanut Butter Cup
- Saltine Crackers
- Smoothies
- Soft Cookies
- Soft Tacos
- Sugarless Gum
- Three Musketeers
- Yogurt