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Foods for Orthodontic Thought

NO-NO LIST

TO BE POSTED ON YOUR REFRIGERATOR DOOR

ICE . . . A thousand times NO. It will destroy your braces.

STARBURST, JUJY FRUITS, CAMELS, FRUIT ROLL-UPS . . . Bends wires, loosens bands and knocks off brackets.

GUM OF ANY KIND (including sugarless) . . . Sticky goo which pulls off wires and feeds the bacteria in your mouth.

BEEF JERKY AND SLIM JIMS . . . Tough as nails, knocks off brackets.

HARD ROLLS AND HARD PRETZELS . . . Bends the wires and knocks off brackets.

SUCKERS, LIFE SAVERS AND JAW BREAKERS . . . You might forget and bite into them.

POPCORN AND NUTS . . . Little shells may get caught between the gum and band and cause a severe infection.

PENS AND PENCILS . . . Favorite exam time food, breaks everything.

THINGS YOU MAY EAT . . . CAREFULLY PLEASE!

APPLES . . . Cut in wedges.

CARROTS . . . Grated or curls.

BAGELS . . . Cut into bite-size pieces.

CORN ON THE COB . . . Please cut it off the cob.

THINGS YOU SHOULD LIMIT

SOFT DRINKS . . . Try not to indulge. Rinse thoroughly after drinking.

CAKES, PIES AND CANDIES . . . If you have a sugar attack, brush or rinse as soon as possible.

Although this is not an all-inclusive list, it should give you an idea of the types of foods to avoid and eat carefully.

Broken braces, wires or brackets cause a longer treatment time.

