

Foods To Be Avoided

(as they will break the braces)

Lollies (of all sorts) or Chewing Gum
Crusty bread, crusty pizza bases
Corn on cobb
Whole apples
Raw carrots - whole or sticks
Hard biscuits
Muesli bars
Nuts
Popcorn

Alternative Options

Chocolate (room temperature, no nuts or caramel, etc)
Standard sliced bread or cut crusty bits off
Cut the corn off
Thinly slice apples and bite straight on the back teeth
Grate carrot
Choose softer types
Muffins
Softer types sliced or ground added to salads
Chippies

Drinks High In Sugar

NOT to be drunk while wearing braces or plates

Fruit juice - natural or artificial
Fizzy drinks

Milk or water
Milk or water

Foods High in Sugar

Only to be eaten **occasionally** when wearing braces or plates

Cakes, muffins
Ice cream
Fruit (including dried fruit)
Chocolate
Biscuits
Sweetened yoghurt
Jam, honey

Try to eat the above foods with, or immediately after, a meal and keep the foods eaten between meals low in sugar - see below.

Low Sugar Snack Suggestions (for between meals)

Crumpets with butter (no jam or honey)
Chippies and dip
Crackers and cheese - try different types of cheeses: cottage, cream, blue, or with tomato or olives
Crackers and hummus
Hard boiled egg
Pizza (without crusty base)
Savoury muffins
Cheese on toast
Sandwiches or toast with cheese, marmite, peanut butter, egg, baked beans, spaghetti

Meal Suggestions When Braces Have Recently Been Fitted And Teeth Are Tender

Breakfast	Porridge, yoghurt and fruit, eggs - omelette or scrambled, smoothies
Lunch	Yoghurt, fruit - peaches, strawberries, bananas, kiwi fruit, sandwiches with crusts cut off, savoury muffins
Dinner	Fish pie, shepherds pie, spaghetti bolognese, omelette, mashed potato, pumpkin, fish, soup, macaroni cheese, meatloaf, quiche, pasta