

BRACES EATING

What you can eat

- Soups
- Porridge
- Dairy – yoghurt, soft cheese, milk based drinks
- Roast or soft cooked vegetables – mashed potato, steamed veges
- Soft fruits - bananas, grapes, kiwifruit
- Spaghetti bolognaise, sliced meat, chicken dishes, fish
- Ice cream, cakes, pancakes, muffins

See the DST braces-friendly food guide for menu planning and recipe ideas to make your life easier with braces

What not to eat

It's important to avoid these hard and chewy foods while you have your braces on. They can easily cause your brackets to be bent, loosened or completely displaced.

This is very uncomfortable and inconvenient for you as it means you will need a special appointment to come in and have repair work done.

Repeated damage can lead to your braces staying on for longer.

- Raw carrot
- Whole apples – cut up apples are OK
- Nuts
- Chewy foods like chewing gum, bubble gum and caramels
- Hard lollies like redskins, minties, mentos, toffee, fantaes, cold chocolate
- Muesli Bars - crunchy
- Ice
- Pork crackling
- Hard biscuits
- Corn on the cob
- Minimise sugary foods and drinks

It's also important not to chewing on pencils or pens.

Coloured foods should be avoided with clear braces as they will stain:

- Curries
- Coloured lollies and drinks