

# What Foods Should I Avoid & Eat With Braces?

---

 [idortho.com/post/what-foods-should-i-avoid-and-eat-with-braces](https://idortho.com/post/what-foods-should-i-avoid-and-eat-with-braces)

Idaho Orthodontics

April 9, 2020

Let's talk about food and braces! If you ask anyone who just had their braces removed they may tell you they missed eating some of their favorite things during the process.



Let's talk about food and braces! If you ask anyone who just had their braces removed they may tell you they missed eating some of their favorite things during the process.

## Foods to Avoid with Braces

---

- Popcorn & Ice
- Caramel & Chewing Gum
- Hard Candy & Chewy Candy
- Corn on the Cob, Apples, Carrots
- Bagels & Rolls
- Crunchy Veggies & Fruits
- Crackers, Pretzels, Chips

- It can also be wise to avoid sodas and sugary drinks or treats that can build up plaque on your teeth. Although brushing removes plaque, thorough brushing becomes a lot more difficult with braces on your teeth.

Avoid hard foods, or foods you have to bite into. Braces can be damaged or come loose by chewing on these substances. You should also avoid chewing mindlessly on things like pens or other hard objects which can also hurt your orthodontic work. Some of these foods (popcorn) can also get stuck in your braces and become very uncomfortable—even painful. It's best to avoid these foods if possible. The teeth movement process can be long. You don't want to repeatedly damage your brackets and slow the process more.

When you first get braces placed on your teeth, you may prefer to eat softer foods. During the whole teeth moving process we compiled a list of foods to avoid to keep your braces intact. Here are some ideas for foods to eat after getting your braces put on or adjusted. Don't worry! The discomfort with tougher foods will pass after a few days. Hang in there!

## Easy Foods to Eat with Braces

---

- Yogurt
- Soups
- Oatmeal
- Pasta
- Mashed Potatoes
- Scrambled Eggs
- Softs Fruits & Cheeses
- Cooked Veggies

We hope these lists help you choose the right foods after you get braces, and the foods to avoid during the process. We wish you luck during this exciting time! If you have any questions about food and braces ask Dr. Brown or Dr. McMinn at Idaho Orthodontics.

Related posts: [\*Up in Smoke: Oral Health Consequences of Smoking & Vaping\*](#) | [\*The Benefits Of Clear Braces Vs. Metal\*](#)