

## WHAT CAN I EAT?

You will need to change the things you eat during treatment because:

1. Eat too many sugary snacks and these will cause permanent damage to your teeth
2. Eat hard and sticky things and these will break your brace and make your treatment longer



You must carry on eating a balanced and nutritious diet each day - so carry on having your breakfast, lunch and tea as normal.

Watch out for hard things like pizza crust, crusty bread and hard breakfast cereal.

## THINGS TO AVOID

This list is endless but some examples are :

**HARD THINGS** that may break or snap your brace:

- e.g. ice cubes, mints, Tic Tacs, Polos, hard biscuits (such as Ginger Nuts), pop corn, hard crisps (such as Hula Hoops), Doritos, thick chocolate bars (such as Yorkies), boiled sweets, etc.



**STICKY THINGS** that may break the wire and pull the brace off your teeth:

- e.g. Haribos, Maoams, Skittles, Minstrels, Twix, Mars, chewing gum, midget gems, etc.

## Stop bad habits

- e.g. chewing your nails, opening hair grips with your teeth, opening sport bottles with your teeth, chewing pen tops, etc.



## Snacks and drinks

- YOU SHOULD NOT** be eating sugary foods and drinks between meals - so no sugary drinks fizzy drinks such as Coke, sports drinks, Lucozade, Fanta, sweets, biscuits, etc.



### HEALTHY SNACKS THAT YOU CAN EAT

include:

- All fruit (but please cut apples into slices), carrot slices, cheese, bread & yoghurt



### HEALTHY DRINKS THAT YOU CAN HAVE

include:

- Water, milk, occasional sugar free squash



OCCASIONAL TREATS to have after a meal include:

- Fudge, thin chocolate bar, Flake, Twirl, soft flapjack, cake, etc.



## 2 great apps to try

Try these apps to inform your choices.

