



HUGHES & COZAD
orthodontics
est. 2001

Orthodontic Diet Chart

Foods that cannot be cleaned off the braces may lead to discoloration and decay of your teeth. Even though your braces and wires are metal, they are fragile and are usually damaged by eating the wrong foods, resulting in your orthodontic treatment taking longer to complete.

Avoid Sticky Foods

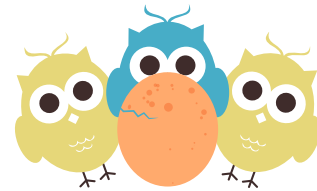
Caramels
Carmel Apples
Toffee
Now & Laters
Sugar Daddies
Sugar Babies
Tootsie Rolls
Starbursts
Licorice
Gummy Bears

Avoid Hard Foods

ICE
Nuts
Popcorn
Hard Candy
Hard Pretzels
Corn on the Cob
Tortilla Chips
Apples / Carrots (uncooked)

Avoid Chewy Foods

Bagels
Hard Rolls
Pizza Crusts



**Cut fruit and vegetables into small bite size pieces

**Gum is allowed as long as it is SUGARLESS

Minimize sugar intake by drinking less soft drinks and drinks with sugar. Try to decrease foods high in sugar such as candy, ice cream, cookies, cake etc...

BRUSH AFTER EVERY MEAL INCLUDING SNACKS. If you are unable to brush, rinse your mouth out thoroughly with water or chew a piece of sugarless gum.

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