

Food Guide



This is a general food guide that is applicable to all orthodontic therapies. Sweet and acidic food and drinks are best avoided, as they can damage your teeth. It's also important to avoid eating hard food, as it can cause your braces to break off and can damage the wires.

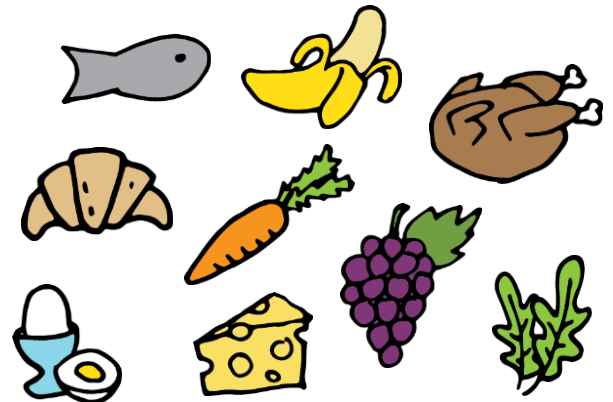
Hard food such as apples, carrots and meat SHOULD ALWAYS BE CUT UP INTO SMALL PIECES.

Use our food guide to help you make good choices!

Tooth-friendly foods:

Soup
Soft Bread- Avoid Hard Crusts
Water
Yoghurt- No Added Sugar
Pasta/Noodles
Cheese
Fruit

Vegetables
Milk
Meat
Eggs
Rice
Sandwiches
Seafood



Occasional foods:

Ice cream
Doughnuts/Cakes
Chips

Chocolate
Fruit Juice
Diet Cordial



Rarely/Never:

Soft Drinks
Energy and Sports Drinks
Cordial
Flavoured Mineral Water
Large Nuts
Ice Cubes

Chewing Gum
Popcorn
Muesli Bars
Roll Ups
Sticky and Gummy Lollies
Acidic Food – e.g. Lemons



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