



Khouri Orthodontics



Foods to Avoid While in Orthodontic Treatment

Foods that are chewy, sticky, and crunchy will cause damage to your braces or appliance. Please avoid these foods that may cause damage and those that are high in sugar. Fixing and replacing broken parts will lengthen your treatment time.



Hard Foods to Avoid



Hard Candy, Chips, Popcorn, Nuts, Pizza Crust, Bagels, Ice, etc.

Chewy and Sticky Foods to Avoid

Gum, Taffy, Caramel, Sugar Daddies, Skittles, Starburst, etc.



Fruits and vegetables should be cooked or cut into small pieces. Please use common sense when choosing foods and avoid chewing on pens, pencils, etc.

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