



Proper Nutrition

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It is very important not to eat anything *hard, sticky, or chewy*. Braces and many appliances are held on by a very thin layer of glue, and special care is required not to break them off. Eating certain foods will break or cause damage to the appliances which will cause treatment time to be longer. Each time a bracket is broken or a wire is bent, time is added to the treatment since the tooth will not be moving in the proper direction. Excessive breakage of brackets (after 5 occurrences) will result in additional fees.

Foods to Avoid

- **Gum**
- **Nuts**
- **Gummy Bears**
- **Now N Laters**
- **Fruit Rollups**
- **Tootsie Rolls**
- **Hard Cookies**
- **Pretzels**
- **Pizza Crust**
- **Hard breads**
- **Caramel**
- **Skittles**
- **Hard Candies** (Peppermints, Lifesavers)
- **Apples:** Cut into bite-sized pieces & use molars to chew.
- **Carrots:** Cut into bite-sized pieces & use molars to chew.
- **Corn on the Cob:** Cut off of the cob, corn is alright.
- **Fizzy/Carbonated Drinks:** Carbonic acid in excessive amounts will damage the teeth.
- **Sugary Foods and Drinks:** Avoid these as much as possible, but if you do have them, brush your teeth as soon as possible. At the very least, rinse your mouth out with water.
- **Lemon Juice/Lemons:** Very hard on tooth enamel.
- **Ice** is also a big “no-no”! With or without braces, ice should not be chewed on.
- **Pens/Pencils** are low in calories but high in destruction. No **Fingernail Biting!**
- **Starburst**
- **Taffy**
- **Beef jerky**
- **Slim Jims**
- **Corn Nuts**
- **Combos**
- **Doritos**
- **Fritos**
- **Crunchy Cheetos**
- **Popcorn**
- **Sparerib**