

BRACES-FRIENDLY DIET

You STILL can enjoy great food while having orthodontic treatment!

What is a Braces-Friendly Diet?

A Braces-Friendly Diet consists of soft textured foods that are easy to chew and swallow. The food texture can be changed by cooking, mashing or chopping.

Which food is Soft?

Milk & Dairy Products:

- Milk and milk drinks, milkshakes, cream cheese, cottage cheese, mild cheeses.

Meat & Meat Substitutes:

- Broiled, roasted, baked or stewed tender beef or veal, lamb or mutton, chicken, turkey, liver, pork, ham, soft bacon.
- White fish, tuna, salmon.
- Eggs, smooth peanut butter, tofu.

Breads & Grains:

- Rice, noodles, spaghetti, macaroni.
- Dry or cooked refined cereals such as farina, cream of wheat, oatmeal, grits, whole wheat cereals.
- Plain or toasted white or wheat blend or whole grain breads, soda crackers or saltines, flour tortillas.
- Broths or creamed soups made with allowed vegetables, strained tomatoes.

Beverages:

- Fruit and vegetable juices, caffeine free carbonated drinks, coffee, tea.

Fruits & Vegetables:

- Fruit and vegetable juices.
- Well-cooked or canned fruits and vegetables, and dried fruit.
- Destoned stone fruit.
- Well ripened, easy to chew fruits, sweet potatoes.
- Baked, boiled, mashed, creamed, scalloped or au gratin potatoes.

Desserts & Sweets:

- Simple desserts such as custard, junkets, gelatin desserts, plain ice cream and sherbets.
- Simple cakes and cookies, allowed fruits, sugar syrup, jelly, honey.

Miscellaneous:

- Butter, cream, margarine, mayonnaise, oil, cream sauces, salt and mild spices.



Be Inspired!

A balanced diet is essential for your health, and it is especially important for patients undergoing orthodontic treatment. **REMEMBER, GREAT FOODS ARE OUT THERE FOR YOUR WELLBEING & ENJOYMENT!**

