

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 is also important to avoid eating hard foods, as they can cause your braces to break off and can damage the wires. If you would like to eat healthy food that is hard, cut it up into small pieces and chew using your back teeth. Use our food guide to help you make good choices!

Tooth Friendly foods

Water
Cheese
Yogurt
Fruit/Vegetables
Pasta/Noodles
Soup
Bread

Milk
Meat
Eggs
Rice
Sandwiches
Seafood
Dry Biscuits



Occasional Foods

Ice Cream
Chips
Doughnuts/Cakes

Tea/Coffee
Diet Cordial
Sweetened Cereals



Never

All soft drinks
Energy & Sports Drinks
Nuts
Cordial
Flavoured Mineral Water

Bubble Gum
Roll-ups
Popcorn
Lollies
Muesli Bars

