



Tasty Tips for Tender Teeth

Welcome to the Family Orthodontic Care
Family!



This book will help you learn what easy snacks you can eat while having braces! It is important that you treat your braces with care and love, learning what foods to eat will help your smile stay clean and help get your braces off quicker!

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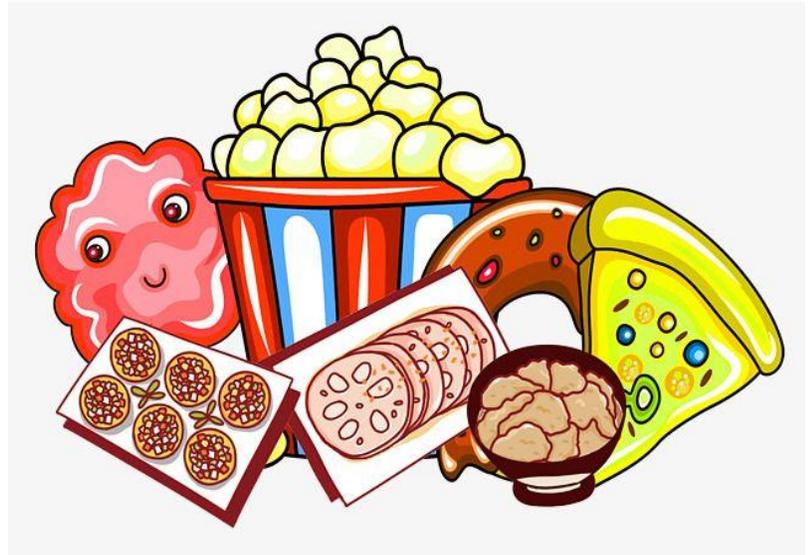
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Chapter 1: Appetizers

Choosing a tasty appetizer can be difficult but this chapter should give you an insight into what you can eat at both a restaurant and at stores like Stop and Shop!



Boneless wings are an easy appetizer and there are multiple flavors to choose from! You can find these in the frozen section at Stop and Shop or order them at your favorite restaurant!!

Crab Cakes are soft and easy to find in a grocery store or at a restaurant





This is an easy appetizer you can make with soft vegetables such as cucumbers, radish or any other soft ones! You can use guacamole, salsa or any dip you prefer!



Sliders! There are several different types like tuna sliders or hamburger sliders. These are served as appetizers at almost any restaurant and are easy to make!



Cheesy Fries!

Many restaurants, like Chiles, serve cheesy fries and other fries are available in grocery stores as well





Fried Pickles
are a new appetizer that is both tasty and
braces friendly! You can find them at the
grocery store as well!



Crispy Cheddar Bites
An excellent choice for braces, nice and
soft! You can find them in Chiles!

Tater tots

Whether at school lunch, home or the store
you can find tater tots almost anywhere





Other soft appetizers that you can find in Stop and Shop and other groceries stores are easy to find and delicious! Most of them you've probably had before braces!

Mozzarella Bites



Hot Pockets



Bagel Bites



Pizza Rolls

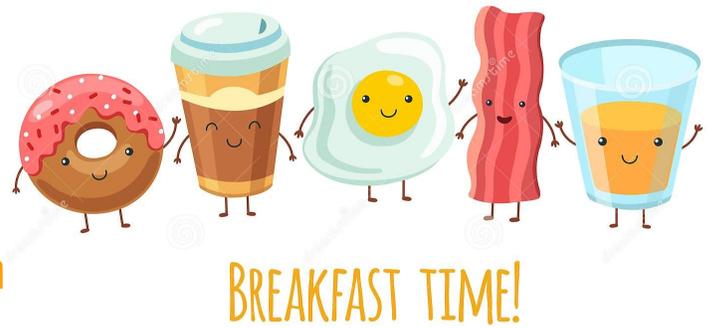


Appetizers are easy to find in grocery stores and in restaurants that are soft and braces friendly!

Chapter 2: Breakfast

Breakfast is an important meal to start your day! In this chapter we will try to offer some suggestions that are quick and easy as well as meals you can make yourself. We will also show breakfast suggestions you can find at most Breakfast spots!

Again remember to find foods that are soft and easy to chew because your teeth might be tender



Breakfast Burritos

An alternative to Burritos is Breakfast Sandwiches, but try to stay away from hard bagels and use soft breads instead, such as english muffins





Eggs

Almost every egg dish is good for braces! You can make scrambled eggs, sunny side up, deviled eggs, boiled eggs or any type of eggs

Oatmeal

There are multiple flavors of oatmeal and you can add berries, fruits, honey or more



Pillsbury danishes or any other soft dessert like these are good for braces and a sweet treat for breakfast. Make sure to brush well after eating though!!



Omeletes

They are great for an easy breakfast you can make at home or get at a restaurant.

Muffins

You can find muffins at school and stores provide a soft and quick breakfast



Pancakes



Waffles

If your teeth are more sensitive than they might be a little tough for you and pancakes might be a safer choice





Cereal

There are many different types of cereals but you should be careful of cereals that are too hard.

Tips: If it is too hard on your teeth then you should let the cereal soak in the milk until its softer and easier on your teeth and braces



Sausage

French Toast



There are so many easy Breakfast foods that will keep your braces safe and your teeth healthy



Chapter 3: Lunch

LUNCH TIME



Lunch can be a difficult time for most students, especially if you get school lunch and don't pack your own lunch. In this chapter I will try to give suggestions based on the Norwich Free Academy lunch menu as well as other suggestions.

Pizza

A common meal for lunch and is always offered for school lunches



Rice and Beans



Wraps, most schools

including NFA serve them. You can use other things like buns as long as they're soft





Cheeseburgers or Hamburgers are both easy lunch options. Schools, fast food restaurants and other establishments all serve them

Hot dogs, chili dogs are also good options



Peanut butter and jelly sandwiches are soft and easy to make, you could also get Uncrustables version of this (if you keep it frozen make sure it is soft before you eat it)



Chicken bowls or any type of protein bowls that have soft items such as corn, avocados or tomatoes. Chipotle offers several!



Sushi

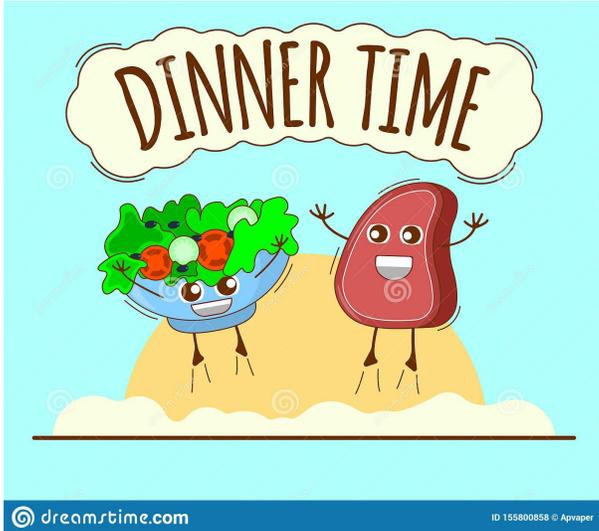
Mac and Cheese



Tortellini can be found at restaurants and in the frozen section at the grocery stores



Chapter 4: Dinner



Dinner can be a difficult time to find foods that aren't too chewy and therefore this chapter will give some suggestions that will be easy for you to order at a restaurant, buy at a store or make at home!



Mashed Potatoes



Quiches are easy and soft, you can find them at your local stores or make it yourself



Pasta

Different types of pasta can be used as long as you make sure you cook it enough so its fully soft



Ravioli



Meatloaf

Frozen meals such as General Tso's Chicken as long as you unfreeze it properly and hard items like broccoli can be eaten as long as your teeth aren't super tender

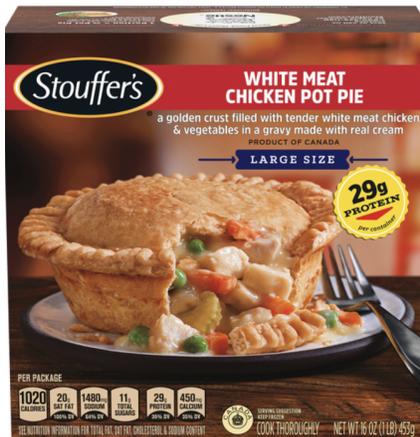




Dumplings



Lasagna



Chicken Pot Pies

There are also other type of pot pies as well such as ground beef or vegetarian versions

Ramen

Ramen can be spiced up as a meal using eggs, vegetables or other ingredients



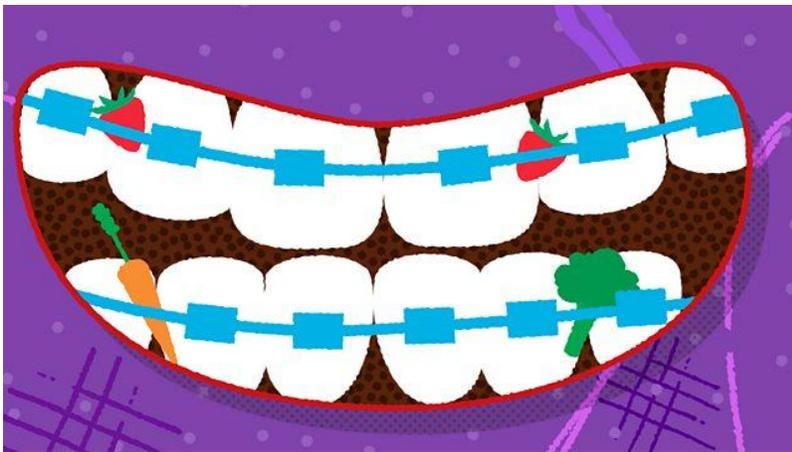


Salmon

Other fishes such as Cod or Trout are soft and easy to eat

Quesadillas

Other items such as soft shell tacos could also be used and would be very soft.



It might be hard to avoid hard foods such as steak or nacho chips, but it is best to try your hardest in order to avoid breaking your braces. There are

usually ways you can make your food softer and therefore good for you to eat.

Chapter 5: Desserts

A sweet tooth is hard to avoid even in braces! In this chapter we will suggest some desserts that will satisfy and be safe for your braces as well.....



Ice Cream

Avoid ice creams with nuts or candy in them



Pastries

Most pastries are good for braces again try avoiding overly hard desserts and ones with nuts or hard things such as chocolate chips in them



Popsicles

Just try not to bite into them because it could be tough on your teeth!



Cheesecake



Pie
though the crust may be too tough



Cookies

Although try to pick soft ones and without nuts in them



Cake

Especially if it's your Birthday!!



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Enjoy your desserts! As long as
your braces are happy too!!

Chapter 6: Soups and Salads



Soups and Salads are a pretty safe bet for braces and tender teeth but in this chapter we will give some examples just to keep your braces safe



Lobster bisque



Tomato Soup

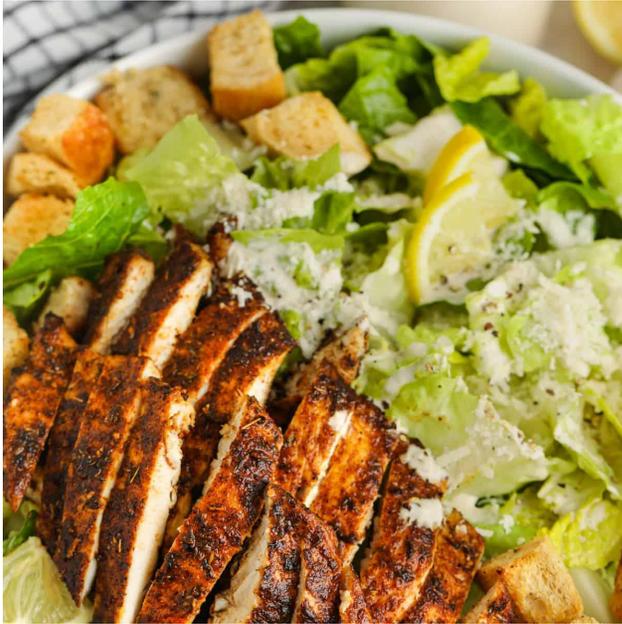
Grilled Cheese can be softened using it as well



Chicken Noodle Soup

Almost all soups are good for you and your braces so enjoy them!

Most Salads are good for your braces but try to be careful with hard things in your salads. Croutons, full carrots, steak, broccoli and other hard foods like this can be destructive to your braces.



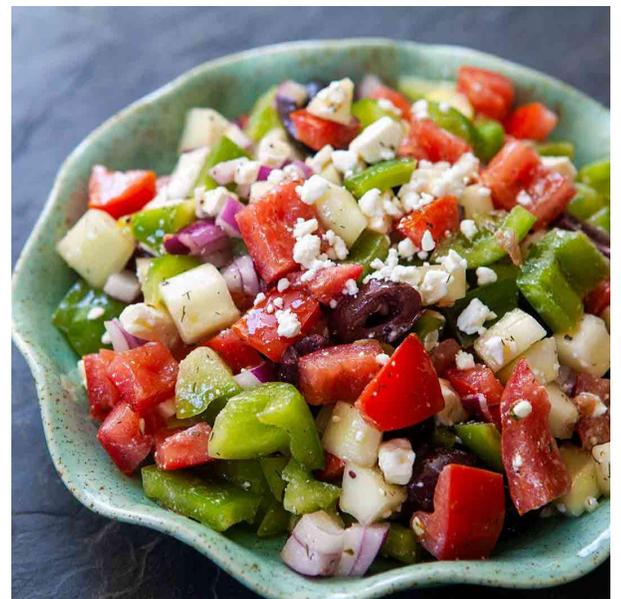
Chicken Caesar Salad



Mexican Salad



Cobb Salad



Greek Salad

Chapter 7: Liquid Options



As you can guess there aren't many liquid options that you can't drink! Therefore this section only shows a few examples of liquid options. But some could be a great option if your teeth are super tender.....



Smoothies

Protein Shakes



Juices

Make sure to brush your teeth well because liquid options still have a lot of sugar or can stain your teeth! You should avoid coffee as well because it stains your teeth





Classic

13 OZ

Chips

Most chips are ok! But if you're unsure it is best to stick to chips like lays that are softer and easier to chew



Gold Fish



Chicken Nuggets



Oatmeal bars

Cheese Puffs



Most to-go foods are good for braces! Just remember to keep it soft and if you're not sure what types of food to avoid go to the next chapter to see!!



Chapter 9: Foods to Avoid

There are many foods that you can't eat with braces, unfortunately!! But hopefully this guide will help you decide what to avoid and what can cause your braces to break. It's important to stay away from these until after your braces are off. We can't put everything on this list, so use it more as a guide!



Nuts



Hard or Sticky Candies



Gum



Beef Jerky

Corn on the Cob
Corn off the cob is ok!!





Hard-Shell Tacos + Hard Crusts



Popcorn



Hard Crackers



Hard Vegetables
Cooking them will make them softer and easier to chew



Marshmallows!
They get stuck in your teeth



Pretzels

Chapter 10: Extra Advice

Braces are not painful. They can be uncomfortable only during the adjustment period. Soon you will forget they are there once you get used to them.

Why is this food list important?

- Soft foods speed up the healing process and make it easier to chew and swallow

What do soft foods do?

- They keep braces in good shape and they provide time to repair blood vessels and tissues.

Why should you avoid sugary foods with braces?

- People make wrong eating choices with braces as they start preferring ice creams and sugary puddings. This is wrong and can create malnourishment in the body and high sugar content can cause tooth decay.

Make sure to brush your teeth well and floss regularly!

With this advice your braces should be off before you even know it

