

Braces-Friendly Food List



Brought to you by:



George D. Lim, DMD, Inc
Where SMILES begin™

Protein

Eggs
Boneless Chicken/Turkey
Ground Meat
(Beef, Chicken, Pork, etc.)
Fish Fillets
Lentils
Tofu

Grains

Rice
Pasta
Soft-Crusted Breads
Muffins (No Nuts)
Oatmeal
Tortillas
Pancakes

Fruits & Veggies

Watermelon	Beans
Berries	Leafy Greens
Bananas	Potatoes★
Grapes	Carrots★
	Broccoli★

★Boil/Cook until soft before eating

Snacks+Sides

Soup/Broth
Yogurt
Fruit Smoothies
Soft/String Cheese
Jello
Applesauce
Ice Cream

Rule of Thumb:

- Avoid hard, crunchy, chewy, or sticky foods
- Cut food down to small, easy-to-chew pieces
- Brush after every meal, especially sweets