

Treat Yourself Right

with the Halloween Treats You Choose to Eat

Many treats can cause havoc for trick-or-treaters with braces. These treats can potentially cause damage that may prolong treatment. This is why the American Association of Orthodontists (AAO) is providing tips for trick-or-treaters with braces. Learn about which treats are friendlier to braces and which ones should be avoided.



Braces-Friendly Treats

In general, orthodontic patients should look for foods that are soft and easy to chew.

- ▶ Soft, melt-in-your-mouth chocolates
- ▶ Peanut butter cups
- ▶ Milk shakes
- ▶ Gelatin
- ▶ Peeled, thinly sliced apples
- ▶ Ice cream



A few sweets can be okay occasionally, provided that the orthodontic patient remembers to brush and floss after eating. Below are guidelines for orthodontic patients so that they can enjoy the holiday and still be on pace to achieve their healthy, beautiful smiles.



Treats to Avoid

In general, orthodontic patients should avoid treats that are sticky, hard, chewy or crunchy.

- ▶ Caramel
- ▶ Nuts (including candies that contain nuts)
- ▶ Licorice, jelly beans or taffy
- ▶ Hard pretzels
- ▶ Bubblegum
- ▶ Candy corn
- ▶ Lollipops
- ▶ Popcorn (including unpopped kernels)
- ▶ Taco chips
- ▶ Ice



The AAO encourages orthodontic patients to consult with their orthodontist if they have specific questions or concerns pertaining to the types of foods that they should avoid.

More information for trick-or-treaters, including braces-friendly recipes from the AAO and Gale Gand, celebrity pastry chef known for her sweet and delicious creations on the Food Network's Sweet Dreams show, is available at www.braces.org.

American Association of
Orthodontists

