

Eating With Braces: 7 Dietary Tips for **Children With Braces**

Pediatric Dentistry



As a parent, you want your child to eat a healthy diet and to have pleasure in their meals. Your child will need to adjust their eating habits because they have braces. Will your child be getting braces? That will make eating challenging, won't it? Continue reading to discover seven braces-friendly eating tips.

1. What's the Problem?

There are several reasons why braces are fitted. Although they can straighten teeth to improve their appearance, they are capable of much more. Over time, they may also make cleaning teeth easier. There is some discomfort in the near term. Additionally, it may take some getting used to the dietary adjustments. Ultimately, the work is worthwhile. The majority of foods can be consumed while wearing braces, although some may require somewhat modified preparation. Others must eat them using a different method. There are certain things you should completely avoid.

2. Damage Limitation

Eating the incorrect foods or in the wrong ways might harm braces. Avoiding hard foods that could shatter a bracket or arch wire is crucial. Some sticky foods can also damage the brace so they should also be avoided. Damage like this has to be repaired by an orthodontist and the braces are ineffective until the repair has been done. This extends the time your kid will be wearing a brace not to mention the expensive repair bill.

3. Stainless Food

Your child's teeth may become discoloured by certain foods and beverages. It is advisable to stay away from these when your child is wearing a brace. Your youngster may find it challenging to properly clean their teeth while wearing a brace. The brackets cover a portion of the teeth's surface, leaving other areas uncovered. This causes uneven cleaning, which may result in some areas of your child's teeth becoming discoloured while others remain unstained. It's advisable to

cut out the problematic foods and beverages from your child's diet because it's quite hard to stop this from happening. The primary offender is sugar-filled foods. There may be a chance to lessen this significant contributor to dental deterioration.

4. Gently Does It

Your youngster may feel some discomfort during the brace fitting process and following any adjustments. Over time, the stiffness will lessen, but you should try to ease their discomfort a bit. Certain meals are kinder to teeth and gums. The best foods are soft ones. Foods that require biting, chewing, or crushing can aggravate and potentially cause discomfort to teeth that are already hurting. In addition to being treats, low-sugar soft desserts, yogurt, and smoothies are excellent for sore mouths. Don't forget to promote cleaning after meals. The softer Savory option is soup. Your child's teeth won't hurt all the time. The sensitivity will subside after the braces have become comfortable. Harder meals can occasionally be consumed, but stay away from foods that could harm the braces .

5. Chew It Right

It's not only about eating the appropriate foods. To safeguard their brace and teeth, it's critical to assist your child in changing the way they eat. A lot of children enjoy biting into apples and other firm fruits. In addition to being delicious, the fruit is quite healthy for them. This healthy eating habit is not something you want to discourage. The issue is that their brace may be harmed by this biting approach. Even while it would be tempting to bite into a juicy, fresh apple, you should avoid doing so if you want your braces to remain intact and functional. Cutting hard fruit, such as apples and pears, into smaller pieces is the best method to consume it. This

method also works nicely for raw veggies like carrots. Instead of giving your child a carrot to eat, cut them into small slices. Show your children that they can use their rear teeth *instead of their front teeth to chew tougher foods like apples and carrots. By using this method, they will be able to eat tasty fruit and raw veggies while protecting their brace.*

6. Enjoy Eating with Braces

It's advisable to completely avoid these foods. Steer clear of hard fruits and vegetables, including whole apples. Even though corn on the cob tastes good, braces might cause problems. Remove the corn kernels from the cob. Nuts in their whole form are too tough. Try ground or flaked nuts. Braces cannot handle crunchy biscuits, pizza crusts, or crusty toast. Steer clear of beef jerky and other rough pieces of meat. They're simply too resilient. Black licorice, chewing gum, and caramel are examples of sticky foods to stay away from. These candies can harm the wires when they become lodged in them. Look for alternatives to sugary, sweet beverages. Don't include ice in cold beverages at all to avoid tempting children to crunch on it. Before serving them the drink, simply cool it.

Stick with It

At first, eating while wearing braces may seem problematic, but it's okay after you get used to it. Comfort yourself with the thought that millions of other people have overcome this inconvenience before you. It'll be worth it in the end.

Your Saraswati Dental College team is here to help !

We are proud of be well-known pediatric dental experts in **Saraswati Dental College and Hospital**. We are here to help you and your child adjust to their new world of dentist visits in any way that we can. If you think it would be helpful to introduce your child to our team before their appointment, please let us know and we are happy to make that happen. You and your child are in great hands with our trusted team. Please don't hesitate to reach out to us with any questions. We would like to help people for betterment of your future.