

FABULOUS FOODS FOR YOUR DELICATE DENTITION

(OR....DELICIOUS THINGS TO EAT WHEN YOU'RE TEETH HURT OR YOU CAN'T BITE RIGHT)

WE UNDERSTAND THAT A HUNGRY PATIENT IS AN UNHAPPY PATIENT. WE WANT YOU TO HAVE A POSITIVE ATTITUDE TOWARD YOUR TREATMENT. EATING MAY BE A LITTLE DIFFICULT IF YOUR TEETH ARE SORE, OR IT MAY BE DIFFICULT IF YOUR TEETH DON'T TOUCH AND YOU CAN'T CHEW PROPERLY. BUT YOU CAN SURVIVE ORTHODONTICS WITHOUT LOSING WEIGHT! (ALTHOUGH SOME OF OUR ADULTS MAY LIKE THE IDEA OF LOSING WEIGHT) WE'VE TOLD YOU ALL THE FOODS TO AVOID – HARD, CRUNCHY, STICKY, CHEWY – AND NOW WE'LL GIVE YOU SOME IDEAS ABOUT WHAT FOODS WILL BE EASIEST FOR YOU TO EAT.

FIRST, A WORD TO THE "CHEF" IN YOUR HOUSE...THERE ARE TWO DISTINCT AREAS OF DIFFICULTY, EITHER BITING WITH THE FRONT TEETH OR CHEWING WITH THE BACK TEETH (AND SOMETIMES BOTH!) IF BITING IS A PROBLEM BECAUSE YOUR TEETH DON'T MEET, YOU WILL NEED TO PREPARE FOOD THAT IS LIQUID, SOFT, GROUND, OR UNTIL THE TECHNIQUE OF CHEWING IS LEARNED. THIS IS PARTICULARLY TRUE IN THE CASE OF THE HERBST APPLIANCE.

OKAY, THOSE ARE THE GENERAL GUIDELINES; NOW HERE ARE SOME SPECIFIC SUGGESTIONS:



BREAKFAST

Hot Cereals
Fruit Cocktail
Yogurt
Eggs – any style



LUNCH

Soups – endless varieties
Sandwiches – use soft bread with crusts trimmed and a spread-type filling
Applesauce
Jell-O



SUPER SNACK:

Use a flavored diet drink or instant breakfast mixed in a blender with milk and ice cream.

DINNER

Chunky soup on rice
Hamburger Stroganoff on rice
Pastas
Casseroles
Open-Face Sloppy Joe w/ melted cheese
Fish Sticks
Meatloaf
Macaroni and cheese
Chili
Tamales
Enchiladas
Pudding
Custard
Angle Food Cake
Milk shakes



REMEMBER, MEALTIMES SHOULD BE PLEASANT EXPERIENCES.

WITH A LITTLE EXTRA TIME & EFFORT, BRACES
SHOULD BE NO PROBLEM FOR YOU.....

HAPPY EATING!!!