

FOOD YOU CAN EAT WITH A BRACE (SOFT)

Porridge
Eggs - any type
Rice
Pasta
Any soft fruit - ie, bananas, pears, peaches, plums
Yogurt
Soft bread sandwiches
Mashed potato
Any soft or mashed up veg - ie swede, broccoli, soft cooked carrots, cauliflower, runner beans, peas, sweet corn, cabbage, sprouts, etc
Wafer thin slices of ham, turkey, chicken and beef
Soup
Stew
Casseroles
Fish - fresh or canned
Soft cheeses
Risotto
Rice pudding
Custard
Angel delight
Ice cream or chocolate melted
Jelly - this can be bought sugar free as well, to eat as snack in between meal

Drinks

Plain Water – no flavours
Milk (plain)
Tea (no sugar)
Coffee (no sugar)

****Remember any food or drink with sugar in should only be consumed at meal times! ****



FOOD YOU CAN'T EAT WITH A BRACE (HARD, STICKY, ACIDIC)

Crusty bread
Toffee
Hard boiled sweets
Nuts
Whole apples
Hard chocolate
Crispy jacket potato skins
Corn on the cob
Pizza crusts
Crispy roasted potatoes
Chewing gum

Drinks

Any fizzy pop or fizzy water
Fruit Juices