

# DR TAWARI CLINIC

## Diet Guidelines for Patients Undergoing Orthodontic Treatment:

Sr. No.	Name of the Food Item	Not to be eaten form	Permitted to be eaten form
1	Chocolates, Toffees(Alpenliebe) Mints(Polo), Candy Bars(Perk, Chikky), Chewing Gum, etc.	Strictly Avoid at all costs as they are Hard and will create loose brackets and/or deformed or broken wires.	Chocolates in the form of cakes & pastries, mousse, soufflé, hershey's chocolate sauce are OK to eat. Proper brushing of teeth must follow immediately.
2	Toasted Bread: off the "TAVA" or Toasteras in the form of a Club/Grilled/Toasted sandwich,etc.	Strictly to be avoided at all costs. Too hard for brackets and wires.	Plain Bread sandwiches OK when eaten in smaller morsels of about square pieces and eaten with the back teeth.
3	Sweet in hard form: Ladoo, Til-gul; Sakhar Phutane, ShankarPale, etc. Namkeen in a hard form: Chakli, Munikoos, Bakarwadi; Hard Shev-Ghaatia, Corners of Punjabi Samosas; Sev-Puri.	Strictly not to be eaten. Strictly not to be eaten.	Only very soft type of laddoos(basen laddoos soft type of bundi laddoos) in very small bites can be eaten from the molar teeth. Pani Puris are OK. Khakhara, Papad are fine too. Pav Bhaji is OK to eat in small bites.
4	Popcorn	Strictly "NO" in theatres The un-popped hard black-heads will severely damage the brackets & wires.	At home, microwaved plain popcorn of which the blackhead, un-popped kernels are weeded out carefully can be eaten. "NO" caramel Pop Corn
5	Meat/Non-Vegeterian Food	Not to be directly Bitten into Tandoori Chicken Mutton Chops, Chicken Lollypop, Spore-ribs, etc, that have Flesh-on-bones.	Boneless meat items in small morsels. (10mm x 10mm) are OK to since (kheem) is the best form eat meal Fish, Browns are OK.
6	Bread	"NO" in a Toasted Form: off the "Tava" or the Toaster: as in Club Sandwich or Grilled Sandwich form also.	Plain bread sandwiches in small bites of 1" x 1" size. To be in form of back motor teeth Not bite into with front teeth.
7	Indian Bread	Not-hard types can be had in small morsels of 10mm x 10mm sized pieces.	Chapatis, Phulkas, Naan are fine. Tandoori Rotis, Parathas, Kulchas be had in smaller bites with morsels.
8	Pizza Nachos/Tacos	NO to thin-crust-pizzas Not to BITE into pizzas.	Soft pizza in 1" x 1" sized bites OK to eat with the back molars when not very tough.

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9	Burgers	Not to eat burgers in 2-3 bites.	Make at least 16 small pieces. Eat every boneless piece from the back molars slowly.
10	Frankie & Wraps	Not to eat in large bites with front teeth.	Eat in small non-tough boneless morsels by using molars.
11	Submarine Sandwiches	Not to eat in large bites with front teeth.	Eat in small non-tough, boneless morsels by using molars.
12	Chips	Not to eat Banana/Tapioca chips. NO Kurkure.	Potato chips, wedges, etc. are OK to eat.
13	Ice Cream	Not to eat it in the form of Ice Candy (Candy-on-stick): Duet, Cupple; Cornetto Cone; Choco Chips (with actual pieces of chocolate); Butterscotch (with hard pieces of caramel), etc.	Soft Ice Creams like in Softies sold in McDonald, etc. that is machine dispensed is ideal to eat. Plain form of ice cream as in Carry-home packs without any floaters in them are OK. Kulfi should be softened before eating. Biscuits cones are OK.
14	Biscuits or Cookies or Nankhatai	NO double layered biscuits like cream-biscuits. NO Choco-chips (Chocolate pieces therein are hard) type biscuits.	Pieces should be small ones 10mm x 10mm for example. To be eaten in small pieces from the molars not to bite into with front teeth.
15	Corn-on-Cob or Bhutta	NO in wholesome form: be it roasted or steamed. Don't nibble away with incisors.	Permissible to eat it in the Steamed corn form in multiplexes.
16	Fruits	NO biting into fruits directly. Bananas can be bitten into with front teeth.	Pieces of fruits should be small ones 7mm x 7mm. To be eaten in small pieces from the molars not to bite into with front teeth.
17	Nuts	NO biting into in a wholesome form.	Almonds, Pistachios, Cashews, Chaanas, Groundnuts, Khana Sans should be made into 2-3 pieces before eating with molars.
18	Ice-Cubes	NO crunching into them.	-
19	Carrots, Radish, Cucumber and such like Salad Items.	NO Biting into directly	Make small Pieces (8mm x 8mm) cubes as would be for incorporating in Russian Salad. Eat with molar not for bite into front teeth.