

# Can You Eat Gummy Bears With Braces?

## Detail Introduction :

Gummy bears are a sweet treat that many children love to eat, but they are also hard to eat when you have braces. It is very hard to get candy to your child and chances are they will throw it away anyway. That's why there are some things that you can eat while wearing braces. Read on to learn how to eat gummy bears with braces.

## Sticky candies

While it is possible to enjoy Halloween candy with braces, you should take extra precaution when it comes to chewy or sticky candies. If you have braces, you should brush your teeth immediately after eating these types of candy. Sugar can remain in your mouth for a long time, eventually forming acids and plaque that can damage your teeth. You should also avoid eating chewy, sticky, or hard candies, which can damage your braces.

While you should refrain from eating chewy, sticky, or crunchy candies while wearing braces, there are some types of candies that can damage your braces. Sticky candies, like M&Ms, may get stuck in the brackets, causing the braces to pop off. However, chewy candy such as gum is generally okay. Once your braces are removed, you can eat these candies again.

## Caramel

If you have braces, you might wonder whether it is safe to eat candy like caramel gummy bears. But the answer is that most types of candy can cause problems for braces. First of all, caramel is sticky and can get stuck in the nooks and crannies of your mouth. That can lead to cavities. You can't afford to risk a cavity in your teeth while wearing braces.

One thing to remember while eating candy with braces is that chocolate shouldn't be too hard to bite. Although some candy can harm braces, most chocolate is perfectly safe for kids. So, if you'd like to enjoy a chocolate-covered caramel apple, make sure you chew it gently. And don't forget to brush your teeth after you eat candy with braces. It's a good idea to limit yourself to one treat per day.

## Gummy bears

If you're wondering whether you can eat gummy bears with braces, the answer is probably no. These chewy candies can break the brackets in your braces, which makes eating them impossible. But they are not completely off-limits - a few sugar-free candy and gum are fine to eat. Just make sure to consult your dentist before you do so!

When it comes to candy, it's best to avoid gummy bears unless you're eating them on a regular basis. If you're eating a regular apple is fine, you'll have to cut it up to avoid breaking your braces. Also, soft gummy and candy apples might get stuck in between the wires in your braces. Even small pieces can cause an unexpected pop of the wire!

### Fruit-flavored snack rolls

While you can't eat all kinds of fruits and vegetables with braces, you can try some of these snacks. While most of these must be cooked, you can find fruit-flavored snack rolls that are soft enough to eat with braces. These are a great option if you're craving something sweet, but you shouldn't give up crunchy completely. Instead, try making your own.

Although many people may be concerned about the fact that they can't eat certain foods, it's true that many fruits and vegetables are safe to eat with braces. The only caveat is that you should practice good oral hygiene while eating these foods. It is best to avoid chewy, sticky, or overly crunchy food while wearing braces. Besides, you should avoid icing on rolls to prevent the food from sticking to your braces.

### Taffy

Can you eat gummy bears while wearing braces? No. The sticky and chewy candy can irritate your braces and even pop the wires! Avoid gummy bears and peanut brittle, as they will stick to your braces and potentially break them. Even chewing candy coated in caramel and chocolate can cause damage to your braces, so you may cause your wires to break.

Although many children love gummy bears, it's important to avoid them while wearing braces. Not only are they sticky and chewy, but they can cause cavities and bacteria. You might also want to avoid sticky candy bars and other candies if you're wearing braces. While you're in treatment, your dentist will give you a list of foods and drinks that you can and cannot eat with your braces.