

# What Sweet Treats Can I Eat While Wearing Braces?

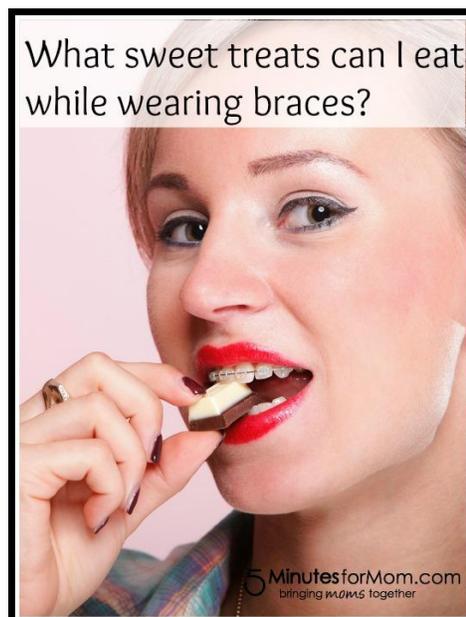
## #damondiva

*Jennifer here to share with you about the wonderful Damon Braces that is helping me to have a gorgeous smile. I was provided a full treatment experience and compensated to share my progress with you, however all opinions remain my own.*

October is known as the month when the candy comes out and the official sweet treats holidays begin. Seriously — October is Halloween — candy. November is Thanksgiving — pies. December is Christmas — more candy, sweet treat gift giving, and cakes galore. There is NO way to avoid all the candy and delicious goodies that will be coming my way this year. However, I have braces.

While I try to avoid sweets, my Damon Smile braces don't have elastic ties which attract and collect plaque. As a result, keeping my braces clean is that much easier and it helps decrease the likely hood of trapping detrimental sweets.

Here are some tips to get you started.



## Soft Chewy Candies

While wearing braces, it is best to stay away from hard sticky candies like Jolly Ranchers, peppermints, etc. It is best to choose softer, melt in your mouth candies. Some of my favorites are buttermints and Andes Chocolates.

## Smoothies

As an alternative to candy, make homemade smoothies with fresh fruits and milkshakes with your favorite frozen yogurt or ice cream. This helps cut down on the sugar intake which can definitely loosen brackets (believe me — I know from experience).

## Once a Day vs All Day Long

Monitor and limit sugar intake by treating yourself just once a day, rather than consuming throughout the day. The less you expose teeth to harsh sugars, the better! I always save my chocolate fix for the evening. That seems to be when my sweet tooth is the worst. I allow myself to have a Dove Dark Chocolate square or an Andes mint. Some days, I choose not to have any, but on the day that I need chocolate, just one small bite is all it takes.

## Brush and Floss Immediately After Eating Candy

Be diligent about dental hygiene. Make sure if you are wearing braces that you brush and floss after eating Halloween candy or any kind of candy for that matter, to remove excess sugar and trapped particles from the mouth. These are what cause cavities to start.

## Avoid anything that will stick

Avoid caramel, candy apples, taffy, nuts and bubblegum. They will pull at the brackets and make it difficult to clean. Oh and just a side note — very chewy bread will do the same thing, so be sure and avoid any foods and candy that you find sticking in your brackets.

Check in with your orthodontist for more braces-friendly Halloween tips. Many orthodontists even offer a Halloween candy buy-back program to help reduce candy consumption and encourage proper oral health while supporting charities.

## How's my progress?

I am now entering my 10th month of having my braces on. I am still just amazed at the progress that is being made. Here is my latest smile photo for you.



For me, I don't eat a lot of candy with my braces on. I am trying really hard to stay away from anything sugary — just because I want to protect my teeth and my braces.

A couple of weeks ago, I had my orthodontic appointment and listening to my dentist go on and on about how pleased he was with my teeth and the way that they are moving in to place made me happy to hear.

He's talking like I will get them off sometime in January or February at the latest. If you count that up, that is only a year and one month that my braces would be on my teeth.

Had I known back then that I could get this done and my teeth fixed so quickly, I would have gotten braces years ago.

I have been saving every picture from every visit so I can show you exactly all the changes in the end. I look in the mirror now and love the smile that I am seeing. I keep getting more and more compliments about how much I smile now. In fact, a lady at our church told me — *I don't think I have ever seen you smile so much. Your face absolutely glows when you smile.*

***I cannot wait to see the finished results when everything is said and done.***

If you don't want to wait like I did and you are curious about braces as an adult, [you can visit the Damon Smile website today](#), find an orthodontist in your area that specializes in the Damon Smile and make an appointment and get started.

***Don't be like me and wait because you think braces are too expensive or that you are too old.*** That is the beauty of this system. These braces are made for

everyone — young and old. It's never too late to get the smile you've always longed for!



*I'm a Damon Diva and am being compensated for my time and will be treated with the Damon System and sharing that experience with you.*

*Over the course of a year—as an official Damon Diva—I will be checking in periodically to let you know how my treatment is going, share tips for having braces as an adult, and to share information about the Damon Smile and how these wonderful braces can help you achieve a gorgeous, more self confident and beautiful smile!*

<http://www.5minutesformom.com/83624/sweet-treats-damon-braces/>