

# Diet Ideas for Sore Teeth

As you may already know patients wearing braces or other appliances are liable to have some “tender teeth” for a day or two. Putting foods in a blender or cutting them up into smaller portions are good ways to make this time easier. Here are some suggestions to maintain comfort and nutrition.

## Protein

- ∞ Add cubes of cheddar cheese to bouillon, or other hot soups.
- ∞ Float several spoonfuls of cottage cheese on hot tomato soup.
- ∞ Add a well-beaten egg to boiling chicken bouillon. Skim off the foam. It tastes like Chinese restaurant egg flower soup.
- ∞ Cook a hamburger slowly over medium heat, break into pieces and stir often; try not to let it get too crispy.
- ∞ Cheese soufflé. Try one! Even if it falls, it still tastes great.
- ∞ Use a meat grinder, if you have one, for other meats. Add a little gravy, sauce, or salad dressing.
- ∞ Sloppy Joes - Always easy!
- ∞ Scrambled eggs



## Fruits

- ∞ Fruit juices
- ∞ Frozen fruit juices
- ∞ Fresh fruit smoothie
- ∞ Fresh, uncooked applesauce. Peel apples, cut into chunks, put in a blender with a little sugar and a dash of cinnamon
- ∞ A banana in the blender leaves something to be desired, so add that to a milkshake.
- ∞ Frequently it's uncomfortable to bite or chew something very cold, with all that metal around the teeth. So take fruit out of the refrigerator the night before, in order to have it at room temperature when it touches those sensitive teeth at breakfast.

## Vegetables

- ∞ Some cooked vegetables are easily eaten, but you may want to mash them up with a fork.
- ∞ Salads are a real problem, chop ingredients up finely with a knife.
- ∞ Tomatoes, cauliflower, cooked squash, and mashed potatoes are easier to eat than other vegetables.

## Dairy

The greatest softest foods ever invented. Milk: plain or flavored. Hot chocolate, milkshakes, cottage cheese, yogurt, sour cream and ice cream.

## Lunches

We all know that whole wheat bread, bursting with those crunchy little kernels of grain are so nutritious. But just for a couple of days when eating hurts, break down and get some nice soft white or wheat bread; without kernels of grain. Deviled egg, deviled ham, tuna, and sandwich spreads will probably not cause too much discomfort. Canned or plastic snack containers with gelatin, pudding, or soft fruits are a great invention. Hot soup can be a lifesaver; place it in a thermos and put it in your lunch bag or knapsack. Avoid bologna, hard cheese, salami, roast beef and anything that has to be chewed thoroughly.