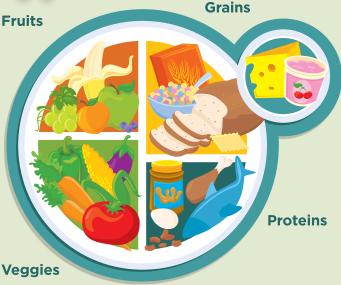# Healthy Smiles Start with Healthy Foods

Good oral health takes more than just brushing and flossing. Eating a balanced diet from all the food groups and limiting sugary foods and drinks will help keep your teeth and gums healthy.

Fruits

Grains

Proteins

Veggies

HEALTHY FOODS = BIG SMILES!

Eating well and practicing good oral care at home every day is an important part of keeping your smile healthy — but don't forget to visit the dentist for regular check-ups! Dental visits are your best defense against cavities and gum disease and can help keep you healthy overall.

Medi-Cal Dental provides free or low-cost check-ups every six months for members under the age of 21 and every 12 months for members age 21 and over.

Services may include:

- Exams and x-rays
- Sealants
- Scaling and root planing
- Root canal treatments
- Periodontal maintenance
- Orthodontics (braces)
- Complete and partial dentures
- Cleanings
- Fluoride treatments
- Fillings and crowns
- Emergency services
- Tooth removal
- Denture relines

Learn more about your covered services and find a dentist near you at **SmileCalifornia.org**.

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