



TIPS FOR A HEALTHY MOUTH

Brush your teeth **twice a day** with a fluoride (floor-ide) toothpaste and use a soft-bristle brush to help **prevent tooth decay**.

Floss in between your teeth at least once a day.

Eat a healthy diet full of fruits, vegetables, whole-grains and drink a lot of water.

Visit the dentist regularly and replace your toothbrush once **every three months**.

RESOURCES

San Bernardino County WIC Program

1-800-472-2321 or sbcounty.gov/wic
Healthy food, nutrition tips and breastfeeding support for qualifying families with children under 5 years old



CalFresh

1-877-410-8829 or C4Yourself.com

A nutrition program that can help households buy healthy foods



Medi-Cal Dental

1-800-322-6384 or SmileCalifornia.org

Find a dentist and other information on Medi-Cal Dental benefits



ConnectIE

ConnectIE.org

Search for free or reduced cost services like medical or dental care, food and more



Choose MyPlate

choosemyplate.gov

Learn about the five food groups to help keep you and your family healthy



For more information, please contact

Smile San Bernardino County

info@smilesbc.org

www.smileSBC.org



Nutrition and Oral Health



Funded by the California Department of Public Health
under contract #17-10717

Public Health

WHAT YOU EAT MATTERS

Some foods and drinks such as cookies, breakfast cereals and fruit juice **contain sugars**.

Bacteria in your mouth feeds on sugar and makes acid that can lead to cavities.



Drinking water with **fluoride is great** for your teeth.

Drinking fruit juice, soft drinks or flavored milk **can lead to cavities**.

Fruits and vegetables **contain fiber** and are good for your whole body.



DID YOU KNOW?

Snacking on unhealthy foods throughout the day **can increase your risk** of cavities.

Choosing **a healthy snack** like yogurt, cheese, vegetables or nuts can benefit your mouth and body.

Eating foods from the five food groups, **fruit**, **vegetables**, **protein**, **dairy** and **grains** can leave you with a healthier mouth and body.

www.smileSBC.org