



TIPS FOR A HEALTHY MOUTH

Brush your teeth **twice a day** with a fluoride toothpaste.

Floss at least once a day.

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

Visit the dentist 2x a year.



RESOURCES

San Bernardino County WIC Program
Women, Infants, & Children
www.sbcounty.gov/wic

CalFresh
Nutrition Benefits Application
www.C4Yourself.com

Smile, California
Find a Medi-Cal Dentist
www.smilecalifornia.org

Tri-County Dental Society
Find a Low-Cost Dentist
www.tcds.org

ConnectIE
Find Dental and Other Services
www.connectie.org

Choose MyPlate
Nutrition Resources
www.choosemyplate.gov

Mouth Healthy
Resources for Kids
www.mouthhealthy.org

For more information, please contact:
Smile San Bernardino County
info@smilesbc.org
www.smileSBC.org

smile
SAN BERNARDINO COUNTY

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smile^{SBC}

Nutrition & Oral Health



Public Health

www.smilesbc.org

WHAT YOU EAT MATTERS

Some foods such as cookies, breakfast cereals and fruit juice **contain a lot of sugar** and can cause cavities.

Drinking fruit juice, soft drinks and snacking on unhealthy foods throughout the day **is bad for your teeth.**



For more information, visit
www.smilesbc.org

Focus on **whole fruits** and vary your veggies.

Make half your grains **whole grains.**

Move to **low-fat** or **fat-free** dairy milk or yogurt.



DID YOU KNOW?



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



Drinking water with **fluoride** is great for your teeth, gums and mouth.



Sticky foods like raisins or candy can harm your teeth by staying on them longer.



Eating foods like **fruits, vegetables, protein, dairy and grains** can leave you with a healthier mouth and body.

