

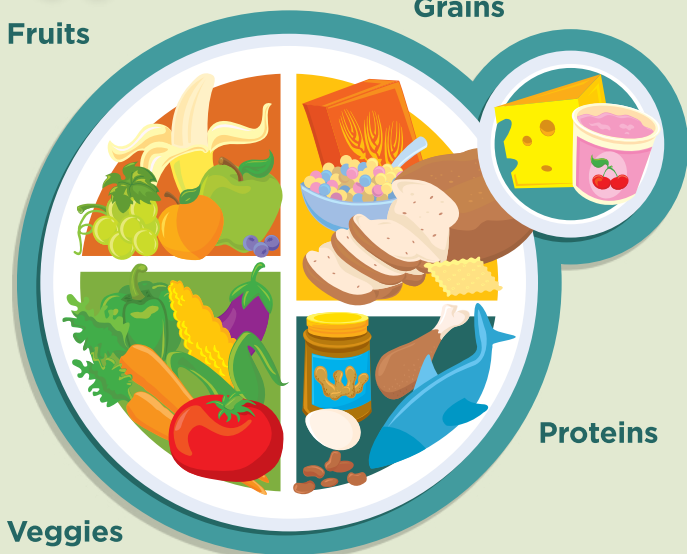
# Healthy Smiles Start with Healthy Foods



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



## Veggies

## Proteins

## 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

*\*Crowns on molars or premolars (back teeth) may be covered in some cases.*

Learn more about your covered services and find a dentist near you at [SmileCalifornia.org](https://SmileCalifornia.org).

 **Medi-Cal Dental**

  
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