

I prescribe
healthy foods for
healthy teeth.



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What you eat — and how you eat — has an effect on your teeth.

Eating or drinking sugary or starchy foods can lead to cavities. It's even worse if you often snack or sip sugary drinks.

To help keep your teeth healthy:

- If you do snack, choose healthier foods like raw vegetables or plain low-fat yogurt.
- Eat meals that include a variety of foods, like vegetables, fruit, whole grains and lean meats.
- Brush your teeth twice a day with fluoride toothpaste.
- Floss your teeth at least once a day.
- See your dentist for regular checkups.



**Parents – take the next healthy step.
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Sources: American Dental Association; HHS/USDA Dietary Guidelines for Americans 2010

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