

# Snack Facts



A healthy balanced diet supports strong teeth and overall health. By carefully choosing what foods your child eats and enjoying meals together, you not only strengthen family bonds, but also help reduce the desire for sugary snacks, ensuring your child has a strong, healthy smile.

## How sugar makes cavities



## How to reduce cavities

- Make sure your child eats a variety of foods, like fruits and vegetables, milk and milk products, meat, and whole grains
- Give your child snacks that are low in sugar
- Avoid starchy foods like crackers and breads
- Limit snacking between meals
- Limit soft, sticky sweets like chewy candy, raisins and dried fruit
- If you have sweets, eat them at mealtimes
- Limit sugary drinks like soda and juice
- Brush your teeth twice a day and floss once a day
- See a dental provider twice a year for checkups and cleanings



Health First Colorado covers medically necessary health care services through the Early and Periodic Screening, Diagnostic and Treatment (EPSDT) benefit for members ages 20 and younger. This benefit ensures they get the right preventive, dental, developmental and specialty services at the right time, at no cost to you or your family. To learn more, visit <https://hcpf.colorado.gov/epsdt> or talk to your provider.

## Questions?

- Visit [DentaQuest.com](https://DentaQuest.com) or call DentaQuest at **855-225-1729** (State Relay: **711**) for Health First Colorado, or **888-307-6561** (State Relay: **711**) for CHP+.
- If you are a Health First Colorado member and don't have a way to get to and from your dental appointments, you may be able to get a free ride. Visit [HealthFirstColorado.com/nemt/](https://HealthFirstColorado.com/nemt/) to learn more.

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