

healthy choices



live well. be well.

Building A Healthier Eating Routine



Eating a balanced diet is a common goal when you want to become healthier. But what is a balanced diet and where do you start? You first need to know what defines a healthy diet, then you can determine what needs improvement.

According to the National Institutes of Health, a healthy eating plan:

- Emphasizes vegetables, fruits, whole grains, and fat-free or low-fat dairy products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Limits saturated and trans fats, sodium, and added sugars.
- Controls portion sizes.

Why is this important?

A healthy eating plan gives your body the nutrients it needs every day while staying within your daily calorie goal for weight loss. It will also lower your risk for heart disease and other health conditions.

Eat fruits and veggies

Choose a variety of foods that you enjoy from each food group. Fill your plate with a rainbow of fruits and vegetables whenever possible.

Look for whole grains

Swap white flours for whole grains such as oatmeal, brown rice, or whole-grain bread. Research the many other less well-known whole grains to try something new.

Choose lean options

Include a variety of lean proteins like poultry, seafood, eggs, beans, lentils, nuts, and seeds. Choose lower-fat versions of dairy whenever possible such as milk, yogurt, or fortified soy products. Be sure to include healthy oils in your diet like olive, avocado, and nut oils. Check nutrition labels for added sugars, saturated fat, and sodium and try to limit these.

Pick one or two areas at a time and make small changes. These add up to a healthier diet over time.



WWW.655HW.ORG

Simply scan the QR code to visit our website.





Healthy smiles all year long

Schedule your preventive dental exam today.



Protect your smile

Oral wellness is the foundation for overall health, so regular visits to the dentist for checkups and cleanings are fundamental to making your smile last and preventing tooth decay and gum disease. Even if you don't have any symptoms, dental exams are important to make sure your teeth and gums stay healthy. And if problems do occur, they'll be easier to treat.

See your dentist right away if:

- Gums bleed often or pull away from your teeth.
- Teeth are loose or separating.
- You see red or white patches on gums, tongue, or mouth floor.
- Mouth or jaw pain persists.
- Mouth sores don't heal in two weeks.
- You have problems swallowing or chewing.

Delta Dental is a recognized leader in customer service. For questions relating to your member benefits call 800-335-8266 or email service@deltadentalmo.com to get in touch.

Procedure and treatment terms

Basic Cleaning: A routine professional teeth cleaning to remove plaque build-up, tartar, and stains. This is a regularly scheduled preventative treatment for individuals with healthy gum tissue. **2 per year**

Prophylaxis: A dental cleaning that consists of the removal of plaque, stains, and calculus by scaling and polishing. **2 per year**

Bitewing: A single X-ray that shows upper and lower teeth (from crown to about the level of the supporting bone) in a select area on the same film to check for decay in-between teeth. **2 per year**

Full Mouth X-ray: A series of X-rays includes approximately 20 X-rays, including four bitewing X-rays and periapical X-rays of each tooth. Full-mouth X-rays are often performed when a patient is new to a dental office. **1 per year**

Periapical X-ray: This X-ray image shows an entire tooth or teeth including the crown, root, and the area around where the tooth attaches to the jawbone. Its primary purpose is to find abnormal changes in the surrounding bone and root area of teeth. **As required**

Scan the QR code to access your Delta Dental microsite:



<https://microsite.deltadentalmo.com/ufcw655>