

# Heart Healthy Bingo

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## Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to [mfbc.us/e/ckadba](https://mfbc.us/e/ckadba)

## Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

## Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to [myfreebingocards.com/virtual-bingo](https://myfreebingocards.com/virtual-bingo).

## Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/fag> where you will find solutions to most common problems.

## Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: [mfbc.us/s/ckadba](https://mfbc.us/s/ckadba)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/ckadba](https://mfbc.us/e/ckadba)

Go to [myfreebingocards.com/bingo-card-generator](https://myfreebingocards.com/bingo-card-generator) to create a new set of bingo cards.

## Legal

The terms of use for these printable bingo cards can be found at [myfreebingocards.com/terms](https://myfreebingocards.com/terms).

## Have Fun!

If you have any feedback or suggestions, drop us an email on [hello@myfreebingocards.com](mailto:hello@myfreebingocards.com).

# Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

Vegetable	<b>Fruit</b>	<b>Dairy</b>	MyPlate	<b>Fat</b>	Heart	<b>Tooth Brush</b>
Exercise and Play	<b>Sleep</b>	<b>Salt</b>	<b>Water</b>	Smoking	<b>Healthy Weight</b>	<b>Sugar</b>
<b>Limit Screen Time</b>	<b>Food Labels</b>	Breakfast	Carbohydrates	<b>Stress</b>	Listening and Learning	<b>Blood Pressure</b>
<b>Protein</b>	<b>Family</b>	<b>Heart Beat</b>				

# Heart Healthy Bingo

Smoking	Carbohydrates	Limit Screen Time	Family	Protein
Heart	MyPlate	Stress	Salt	Exercise and Play
Sugar	Vegetable	Cheerios	Fat	Breakfast
Water	Fruit	Heart Beat	Blood Pressure	Healthy Weight
Food Labels	Dairy	Listening and Learning	Sleep	Tooth Brush

# Heart Healthy Bingo

Stress	Salt	Listening and Learning	Smoking	Fruit
Heart	Fat	Sleep	Sugar	Family
Water	Healthy Weight	Cheerios	Dairy	Heart Beat
Breakfast	Exercise and Play	Carbohydrates	Vegetable	Blood Pressure
Protein	Food Labels	Limit Screen Time	MyPlate	Tooth Brush

Bingo Card ID 003

## Heart Healthy Bingo

<b>Sleep</b>	MyPlate	<b>Stress</b>	Healthy Weight	<b>Heart Beat</b>
<b>Tooth Brush</b>	Family	<b>Fat</b>	Listening and Learning	Vegetable
Carbohydrates	Smoking	Cheerios	Breakfast	<b>Food Labels</b>
<b>Salt</b>	<b>Fruit</b>	<b>Sugar</b>	Blood Pressure	<b>Water</b>
Protein	Limit Screen Time	<b>Heart</b>	Exercise and Play	<b>Dairy</b>

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Bingo Card ID 004

## Heart Healthy Bingo

Vegetable	<b>Limit Screen Time</b>	<b>Sugar</b>	Exercise and Play	Listening and Learning
Breakfast	MyPlate	Protein	<b>Water</b>	<b>Sleep</b>
<b>Fat</b>	Smoking	Cheerios	<b>Stress</b>	<b>Dairy</b>
Healthy Weight	<b>Fruit</b>	Family	<b>Tooth Brush</b>	<b>Heart</b>
<b>Salt</b>	Carbohydrates	<b>Heart Beat</b>	Blood Pressure	<b>Food Labels</b>

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# Heart Healthy Bingo

Limit Screen Time	Exercise and Play	Vegetable	<b>Fat</b>	Blood Pressure
Stress	Fruit	<b>Salt</b>	Tooth Brush	Breakfast
Carbohydrates	<b>Water</b>	Cheerios	Heart	<b>Heart Beat</b>
Family	<b>Dairy</b>	Healthy Weight	MyPlate	Smoking
<b>Food Labels</b>	<b>Sugar</b>	Protein	<b>Sleep</b>	Listening and Learning

# Heart Healthy Bingo

Limit Screen Time	Carbohydrates	Smoking	<b>Dairy</b>	Family
<b>Fat</b>	<b>Salt</b>	Listening and Learning	<b>Stress</b>	MyPlate
Blood Pressure	<b>Heart Beat</b>	Cheerios	Protein	<b>Sleep</b>
<b>Fruit</b>	<b>Sugar</b>	Vegetable	<b>Water</b>	<b>Heart</b>
<b>Healthy Weight</b>	Exercise and Play	<b>Tooth Brush</b>	Breakfast	<b>Food Labels</b>

Bingo Card ID 007

## Heart Healthy Bingo

Water	Dairy	Sugar	Protein	Stress
Food Labels	<b>Salt</b>	Family	<b>Heart Beat</b>	MyPlate
<b>Fat</b>	Sleep	Cheerios	<b>Heart</b>	Breakfast
Limit Screen Time	Listening and Learning	Healthy Weight	Blood Pressure	Vegetable
<b>Fruit</b>	Smoking	Exercise and Play	Carbohydrates	<b>Tooth Brush</b>

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Bingo Card ID 008

## Heart Healthy Bingo

Water	Smoking	<b>Fruit</b>	<b>Heart</b>	Blood Pressure
<b>Dairy</b>	Breakfast	Vegetable	Limit Screen Time	Exercise and Play
Stress	Sleep	Cheerios	MyPlate	<b>Fat</b>
Carbohydrates	<b>Tooth Brush</b>	Family	Protein	<b>Heart Beat</b>
<b>Salt</b>	Healthy Weight	<b>Food Labels</b>	Listening and Learning	<b>Sugar</b>

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Bingo Card ID 009

## Heart Healthy Bingo

<b>Fruit</b>	<b>Healthy Weight</b>	Listening and Learning	Breakfast	<b>Sugar</b>
<b>Limit Screen Time</b>	<b>Exercise and Play</b>	<b>Family</b>	<b>Heart Beat</b>	Smoking
<b>Sleep</b>	MyPlate	Cheerios	<b>Water</b>	<b>Fat</b>
<b>Salt</b>	<b>Food Labels</b>	<b>Tooth Brush</b>	Protein	<b>Dairy</b>
<b>Heart</b>	<b>Stress</b>	Carbohydrates	<b>Blood Pressure</b>	Vegetable

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Bingo Card ID 010

## Heart Healthy Bingo

Protein	Vegetable	<b>Sugar</b>	Carbohydrates	<b>Dairy</b>
<b>Salt</b>	<b>Food Labels</b>	<b>Fat</b>	Breakfast	<b>Blood Pressure</b>
Listening and Learning	<b>Stress</b>	Cheerios	<b>Healthy Weight</b>	Smoking
<b>Limit Screen Time</b>	<b>Water</b>	<b>Heart Beat</b>	<b>Tooth Brush</b>	<b>Exercise and Play</b>
<b>Sleep</b>	<b>Heart</b>	<b>Fruit</b>	<b>Family</b>	MyPlate

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Bingo Card ID 011

## Heart Healthy Bingo

Carbohydrates	<b>Tooth Brush</b>	Breakfast	Smoking	Family
MyPlate	<b>Fruit</b>	Limit Screen Time	Stress	Food Labels
Listening and Learning	Protein	Cheerios	Water	<b>Heart Beat</b>
<b>Salt</b>	Sleep	Sugar	Dairy	Vegetable
Blood Pressure	<b>Fat</b>	Exercise and Play	Heart	Healthy Weight

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Bingo Card ID 012

## Heart Healthy Bingo

MyPlate	Food Labels	<b>Salt</b>	Carbohydrates	<b>Fat</b>
Healthy Weight	Listening and Learning	<b>Heart</b>	<b>Tooth Brush</b>	Family
<b>Heart Beat</b>	Stress	Cheerios	Breakfast	Water
Limit Screen Time	Smoking	Vegetable	<b>Fruit</b>	Dairy
Blood Pressure	<b>Sleep</b>	Protein	Exercise and Play	<b>Sugar</b>

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# Heart Healthy Bingo

Stress	Fruit	Exercise and Play	Healthy Weight	Listening and Learning
Dairy	Family	Water	MyPlate	Sugar
Smoking	Salt	Cheerios	Fat	Food Labels
Blood Pressure	Protein	Breakfast	Heart	Carbohydrates
Vegetable	Heart Beat	Limit Screen Time	Tooth Brush	Sleep

# Heart Healthy Bingo

Healthy Weight	Exercise and Play	Heart Beat	Listening and Learning	Dairy
Stress	Sleep	Heart	MyPlate	Fat
Tooth Brush	Blood Pressure	Cheerios	Salt	Limit Screen Time
Protein	Breakfast	Vegetable	Family	Sugar
Smoking	Water	Fruit	Food Labels	Carbohydrates

# Heart Healthy Bingo

<b>Food Labels</b>	<b>Fruit</b>	<b>Limit Screen Time</b>	<b>Salt</b>	Carbohydrates
<b>Sleep</b>	Vegetable	Listening and Learning	<b>Family</b>	Breakfast
MyPlate	Exercise and Play	Cheerios	<b>Sugar</b>	<b>Stress</b>
<b>Heart</b>	Smoking	<b>Water</b>	<b>Fat</b>	Blood Pressure
<b>Tooth Brush</b>	<b>Dairy</b>	Protein	<b>Heart Beat</b>	Healthy Weight

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# Heart Healthy Bingo

MyPlate	<b>Heart Beat</b>	Breakfast	<b>Water</b>	<b>Fat</b>
Vegetable	<b>Tooth Brush</b>	<b>Stress</b>	Listening and Learning	<b>Sleep</b>
Protein	Blood Pressure	Cheerios	<b>Limit Screen Time</b>	Healthy Weight
<b>Salt</b>	Smoking	<b>Heart</b>	<b>Fruit</b>	<b>Sugar</b>
Exercise and Play	<b>Food Labels</b>	Carbohydrates	<b>Family</b>	<b>Dairy</b>

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Bingo Card ID 017

## Heart Healthy Bingo

Limit Screen Time	MyPlate	Family	Water	Exercise and Play
Sugar	Carbohydrates	Food Labels	Healthy Weight	Fruit
Listening and Learning	Blood Pressure	Cheerios	Heart	Heart Beat
Salt	Dairy	Tooth Brush	Protein	Sleep
Smoking	Vegetable	Breakfast	Stress	Fat

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Bingo Card ID 018

## Heart Healthy Bingo

Heart Beat	Carbohydrates	Blood Pressure	Exercise and Play	Stress
Listening and Learning	Smoking	MyPlate	Protein	Sleep
Vegetable	Limit Screen Time	Cheerios	Heart	Healthy Weight
Fruit	Sugar	Fat	Food Labels	Family
Dairy	Breakfast	Salt	Tooth Brush	Water

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# Heart Healthy Bingo

<b>Fat</b>	Heart	Healthy Weight	Dairy	Heart Beat
Fruit	Exercise and Play	Protein	Listening and Learning	Sleep
Smoking	Water	Cheerios	Family	Sugar
<b>Salt</b>	Food Labels	Breakfast	Stress	Blood Pressure
Limit Screen Time	<b>Tooth Brush</b>	MyPlate	Vegetable	Carbohydrates

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# Heart Healthy Bingo

Listening and Learning	Sugar	<b>Fat</b>	MyPlate	Blood Pressure
<b>Salt</b>	Protein	Food Labels	Limit Screen Time	Carbohydrates
Tooth Brush	Heart	Cheerios	Heart Beat	Fruit
Stress	Dairy	Vegetable	Water	Sleep
Breakfast	Family	Exercise and Play	Healthy Weight	Smoking

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Bingo Card ID 021

## Heart Healthy Bingo

<b>Sugar</b>	<b>Protein</b>	<b>Food Labels</b>	<b>MyPlate</b>	<b>Smoking</b>
<b>Sleep</b>	<b>Limit Screen Time</b>	<b>Vegetable</b>	<b>Breakfast</b>	<b>Exercise and Play</b>
<b>Dairy</b>	<b>Family</b>	<b>Cheerios</b>	<b>Water</b>	<b>Healthy Weight</b>
<b>Salt</b>	<b>Stress</b>	<b>Blood Pressure</b>	<b>Listening and Learning</b>	<b>Heart Beat</b>
<b>Fat</b>	<b>Carbohydrates</b>	<b>Heart</b>	<b>Tooth Brush</b>	<b>Fruit</b>

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Bingo Card ID 022

## Heart Healthy Bingo

<b>Heart Beat</b>	<b>Blood Pressure</b>	<b>Exercise and Play</b>	<b>Healthy Weight</b>	<b>Protein</b>
<b>Limit Screen Time</b>	<b>Salt</b>	<b>Carbohydrates</b>	<b>Breakfast</b>	<b>Stress</b>
<b>Water</b>	<b>Fruit</b>	<b>Cheerios</b>	<b>Heart</b>	<b>Smoking</b>
<b>Tooth Brush</b>	<b>Dairy</b>	<b>Listening and Learning</b>	<b>Sugar</b>	<b>Food Labels</b>
<b>Family</b>	<b>Vegetable</b>	<b>Sleep</b>	<b>MyPlate</b>	<b>Fat</b>

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Bingo Card ID 023

## Heart Healthy Bingo

<b>Heart</b>	<b>Healthy Weight</b>	<b>Blood Pressure</b>	<b>Dairy</b>	<b>Salt</b>
<b>Sugar</b>	<b>Sleep</b>	<b>Water</b>	<b>Fruit</b>	<b>Stress</b>
<b>Vegetable</b>	<b>Heart Beat</b>	<b>Cheerios</b>	<b>Food Labels</b>	<b>Fat</b>
<b>Listening and Learning</b>	<b>Tooth Brush</b>	<b>Protein</b>	<b>MyPlate</b>	<b>Exercise and Play</b>
<b>Family</b>	<b>Breakfast</b>	<b>Smoking</b>	<b>Carbohydrates</b>	<b>Limit Screen Time</b>

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Bingo Card ID 024

## Heart Healthy Bingo

<b>Fat</b>	<b>Tooth Brush</b>	<b>Sleep</b>	<b>Carbohydrates</b>	<b>Protein</b>
<b>Heart</b>	<b>MyPlate</b>	<b>Limit Screen Time</b>	<b>Vegetable</b>	<b>Exercise and Play</b>
<b>Food Labels</b>	<b>Listening and Learning</b>	<b>Cheerios</b>	<b>Fruit</b>	<b>Heart Beat</b>
<b>Salt</b>	<b>Blood Pressure</b>	<b>Dairy</b>	<b>Healthy Weight</b>	<b>Family</b>
<b>Smoking</b>	<b>Sugar</b>	<b>Breakfast</b>	<b>Stress</b>	<b>Water</b>

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Bingo Card ID 025

## Heart Healthy Bingo

Listening and Learning	<b>Sleep</b>	Vegetable	Exercise and Play	<b>Dairy</b>
<b>Heart Beat</b>	<b>Fruit</b>	Blood Pressure	Healthy Weight	<b>Water</b>
<b>Heart</b>	MyPlate	Cheerios	Carbohydrates	<b>Sugar</b>
<b>Stress</b>	<b>Tooth Brush</b>	Family	Smoking	<b>Food Labels</b>
<b>Protein</b>	<b>Limit Screen Time</b>	Breakfast	<b>Fat</b>	<b>Salt</b>

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Bingo Card ID 026

## Heart Healthy Bingo

Blood Pressure	<b>Food Labels</b>	Healthy Weight	<b>Stress</b>	<b>Fat</b>
Breakfast	<b>Heart Beat</b>	<b>Water</b>	<b>Sugar</b>	<b>Heart</b>
Exercise and Play	<b>Salt</b>	Cheerios	<b>Dairy</b>	<b>Limit Screen Time</b>
<b>Protein</b>	<b>Sleep</b>	<b>Tooth Brush</b>	Listening and Learning	<b>MyPlate</b>
Smoking	<b>Fruit</b>	Carbohydrates	<b>Family</b>	<b>Vegetable</b>

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Bingo Card ID 027

## Heart Healthy Bingo

Water	Food Labels	Limit Screen Time	Listening and Learning	Vegetable
Breakfast	Sugar	Blood Pressure	Exercise and Play	Tooth Brush
Heart Beat	Sleep	Cheerios	Dairy	Fruit
Smoking	MyPlate	Protein	Healthy Weight	Heart
Carbohydrates	Salt	Stress	Fat	Family

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Bingo Card ID 028

## Heart Healthy Bingo

Water	Heart	Smoking	Fat	Salt
Vegetable	Tooth Brush	Sugar	Blood Pressure	Sleep
MyPlate	Stress	Cheerios	Dairy	Healthy Weight
Fruit	Exercise and Play	Carbohydrates	Listening and Learning	Food Labels
Family	Heart Beat	Breakfast	Protein	Limit Screen Time

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Bingo Card ID 029

## Heart Healthy Bingo

<b>Heart</b>	Carbohydrates	<b>Tooth Brush</b>	Blood Pressure	Exercise and Play
<b>Food Labels</b>	Breakfast	<b>Dairy</b>	<b>Heart Beat</b>	Listening and Learning
<b>Fruit</b>	MyPlate	Cheerios	Vegetable	<b>Sleep</b>
<b>Fat</b>	Stress	<b>Sugar</b>	<b>Water</b>	Family
<b>Salt</b>	Protein	Smoking	Healthy Weight	Limit Screen Time

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Bingo Card ID 030

## Heart Healthy Bingo

<b>Protein</b>	<b>Food Labels</b>	Breakfast	<b>Fat</b>	Vegetable
<b>Sugar</b>	Family	MyPlate	<b>Water</b>	<b>Heart</b>
Smoking	Listening and Learning	Cheerios	<b>Limit Screen Time</b>	Exercise and Play
Carbohydrates	<b>Heart Beat</b>	Stress	<b>Sleep</b>	Healthy Weight
<b>Dairy</b>	<b>Tooth Brush</b>	Blood Pressure	<b>Salt</b>	<b>Fruit</b>

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