

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/cx4q23

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.

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/cx4q23

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/cx4q23

Go to 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.

Have Fun!

If you have any feedback or suggestions, drop us an email on 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	Fruit	Dairy	MyPlate	Fat	Heart	Tooth Brush
Exercise and Play	Sleep	Salt	Water	Smoking	Healthy Weight	Sugar
Limit Screen Time	Food Labels	Breakfast	Carbohydrates	Stress	Listening and Learning	Blood Pressure
Protein	Family	Heart Beat				

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

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

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Bingo Card ID 004

Heart Healthy Bingo

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

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Heart Healthy Bingo

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

Heart Healthy Bingo

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

Heart Healthy Bingo

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

Heart Healthy Bingo

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

Bingo Card ID 009

Heart Healthy Bingo

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

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Bingo Card ID 010

Heart Healthy Bingo

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

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Bingo Card ID 011

Heart Healthy Bingo

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

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Bingo Card ID 012

Heart Healthy Bingo

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

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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

Bingo Card ID 015

Heart Healthy Bingo

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

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Bingo Card ID 016

Heart Healthy Bingo

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

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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

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

Bingo Card ID 019

Heart Healthy Bingo

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

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Bingo Card ID 020

Heart Healthy Bingo

Listening and Learning	Sugar	Fat	MyPlate	Blood Pressure
Salt	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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Heart Healthy Bingo

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

Heart Healthy Bingo

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

Bingo Card ID 023

Heart Healthy Bingo

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

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Bingo Card ID 024

Heart Healthy Bingo

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

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Heart Healthy Bingo

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

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Heart Healthy Bingo

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

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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

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

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Bingo Card ID 030

Heart Healthy Bingo

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

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