

# Heart Healthy Bingo

myfreebingocards.com

## 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](https://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](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/faq> 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](https://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](https://mfbc.us/e/cx4q23)

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<br/>Brush</b>    |
| Exercise<br>and Play             | <b>Sleep</b>           | <b>Salt</b>           | <b>Water</b>  | Smoking       | <b>Healthy<br/>Weight</b>             | <b>Sugar</b>              |
| <b>Limit<br/>Screen<br/>Time</b> | <b>Food<br/>Labels</b> | Breakfast             | Carbohydrates | <b>Stress</b> | <b>Listening<br/>and<br/>Learning</b> | <b>Blood<br/>Pressure</b> |
| <b>Protein</b>                   | <b>Family</b>          | <b>Heart<br/>Beat</b> |               |               |                                       |                           |

# Heart Healthy Bingo

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

# Heart Healthy Bingo

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

# 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>       |

# 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>     |

# Heart Healthy Bingo

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

# Heart Healthy Bingo

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

# 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> |

# Heart Healthy Bingo

|               |                    |                    |                        |                   |
|---------------|--------------------|--------------------|------------------------|-------------------|
| Water         | Smoking            | <b>Fruit</b>       | <b>Heart</b>           | Blood Pressure    |
| <b>Dairy</b>  | Breakfast          | Vegetable          | Limit Screen Time      | Exercise and Play |
| <b>Stress</b> | <b>Sleep</b>       | 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>      |

# 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    |

# Heart Healthy Bingo

|                          |                    |                   |                       |                          |
|--------------------------|--------------------|-------------------|-----------------------|--------------------------|
| <b>Protein</b>           | 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                  |

# 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    |

# 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  | Sugar      |



# Heart Healthy Bingo

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

# Heart Healthy Bingo

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

# 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>   |
| <b>Protein</b>           | Blood Pressure     | Cheerios      | <b>Limit Screen Time</b> | Healthy Weight |
| <b>Salt</b>              | Smoking            | <b>Heart</b>  | <b>Fruit</b>             | <b>Sugar</b>   |
| <b>Exercise and Play</b> | <b>Food Labels</b> | Carbohydrates | <b>Family</b>            | <b>Dairy</b>   |

# 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          |

# Heart Healthy Bingo

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

# Heart Healthy Bingo

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

# Heart Healthy Bingo

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

# Heart Healthy Bingo

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

# Heart Healthy Bingo

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

# Heart Healthy Bingo

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

# 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>        |

# Heart Healthy Bingo

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

# Heart Healthy Bingo

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

# Heart Healthy Bingo

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



# 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>       | Water             | Family                 |
| <b>Salt</b>        | Protein       | Smoking            | Healthy Weight    | Limit Screen Time      |

# 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>      |