

# NUTRITION 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/fj5ou](https://mfbc.us/e/fj5ou)

## 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/fj5ou](https://mfbc.us/s/fj5ou)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/fj5ou](https://mfbc.us/e/fj5ou)

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.

|       |        |         |        |         |       |         |
|-------|--------|---------|--------|---------|-------|---------|
| BEAN  | POTATO | SQUASH  | BEET   | KALE    | LEEK  | MELON   |
| ORKA  | ONION  | PEPPER  | RADISH | TURNIP  | CORN  | VEGGIE  |
| PEAS  | KIWI   | PEACH   | BERRY  | APPLE   | PEAR  | RICE    |
| MILK  | TEA    | JUICE   | MEAT   | CHICKEN | ROAST | HAM     |
| OIL   | SOUP   | LENTIL  | BEAN   | YAMS    | WATER | VITAMIN |
| BREAD | YOGURT | PROTIEN | CARB   | CEREAL  | SNACK | TUNA    |

# NUTRITION BINGO

|         |        |         |         |       |
|---------|--------|---------|---------|-------|
| MILK    | POTATO | BEAN    | BREAD   | ROAST |
| KALE    | LENTIL | YAMS    | PROTIEN | HAM   |
| LEEK    | OIL    | MEAT    | RICE    | ONION |
| VITAMIN | BERRY  | VEGGIE  | BEAN    | PEACH |
| CARB    | RADISH | CHICKEN | PEAR    | TUNA  |

# NUTRITION BINGO

|         |         |         |        |        |
|---------|---------|---------|--------|--------|
| OIL     | YOGURT  | KIWI    | PEPPER | MEAT   |
| SNACK   | MILK    | CHICKEN | HAM    | VEGGIE |
| PROTIEN | VITAMIN | CARB    | TEA    | BREAD  |
| SQUASH  | MELON   | ONION   | PEAR   | WATER  |
| RICE    | POTATO  | YAMS    | SOUP   | RADISH |

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|        |         |        |        |         |
|--------|---------|--------|--------|---------|
| RADISH | OIL     | MELON  | LEEK   | PROTIEN |
| RICE   | CORN    | ROAST  | TURNIP | JUICE   |
| POTATO | SQUASH  | PEPPER | ORKA   | BREAD   |
| CARB   | VITAMIN | PEACH  | BEAN   | PEAS    |
| KIWI   | MILK    | BEAN   | CEREAL | MEAT    |

# NUTRITION BINGO

|        |        |        |         |        |
|--------|--------|--------|---------|--------|
| TURNIP | PEACH  | RADISH | VITAMIN | SOUP   |
| KALE   | ONION  | BERRY  | PROTIEN | KIWI   |
| LEEK   | BEAN   | PEPPER | SNACK   | LENTIL |
| YAMS   | SQUASH | PEAR   | PEAS    | MELON  |
| MILK   | OIL    | TEA    | CARB    | RICE   |

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|         |         |       |        |      |
|---------|---------|-------|--------|------|
| BERRY   | PEACH   | KALE  | APPLE  | CARB |
| TEA     | PROTIEN | RICE  | VEGGIE | TUNA |
| VITAMIN | CHICKEN | OIL   | MEAT   | BEAN |
| ORKA    | PEAS    | BEAN  | PEAR   | SOUP |
| HAM     | JUICE   | BREAD | BEET   | LEEK |

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|        |       |        |         |         |
|--------|-------|--------|---------|---------|
| TUNA   | KALE  | BEAN   | RADISH  | SNACK   |
| MILK   | ROAST | PEAS   | BEET    | BREAD   |
| MEAT   | CARB  | RICE   | WATER   | KIWI    |
| OIL    | LEEK  | VEGGIE | APPLE   | VITAMIN |
| SQUASH | MELON | LENTIL | PROTIEN | JUICE   |

# NUTRITION BINGO

|        |        |        |        |        |
|--------|--------|--------|--------|--------|
| PEAR   | BEET   | LENTIL | ONION  | PEAS   |
| YAMS   | RADISH | RICE   | TUNA   | SOUP   |
| MEAT   | OIL    | CEREAL | SQUASH | ROAST  |
| POTATO | JUICE  | BREAD  | TURNIP | PEPPER |
| MELON  | BEAN   | HAM    | CARB   | LEEK   |

# NUTRITION BINGO

|         |         |        |        |         |
|---------|---------|--------|--------|---------|
| YAMS    | PEAR    | MILK   | YOGURT | HAM     |
| ROAST   | CHICKEN | SQUASH | VEGGIE | TURNIP  |
| APPLE   | BEET    | PEACH  | BEAN   | PROTIEN |
| VITAMIN | SNACK   | KALE   | PEPPER | BERRY   |
| WATER   | TUNA    | RADISH | OIL    | MELON   |

# NUTRITION BINGO

|         |         |        |         |       |
|---------|---------|--------|---------|-------|
| CHICKEN | SNACK   | PEPPER | TEA     | ROAST |
| KIWI    | TUNA    | CORN   | PROTIEN | WATER |
| BEAN    | ONION   | BREAD  | JUICE   | KALE  |
| BERRY   | VITAMIN | SQUASH | LEEK    | MILK  |
| MELON   | SOUP    | PEAR   | POTATO  | CARB  |

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|        |        |       |        |         |
|--------|--------|-------|--------|---------|
| TEA    | LENTIL | PEACH | ONION  | BEAN    |
| PEPPER | SQUASH | MEAT  | RADISH | BEET    |
| CEREAL | VEGGIE | CARB  | BEAN   | PROTIEN |
| APPLE  | POTATO | KIWI  | YAMS   | WATER   |
| PEAS   | CORN   | OIL   | MILK   | TUNA    |

# NUTRITION BINGO

|         |        |        |        |         |
|---------|--------|--------|--------|---------|
| ORKA    | BEAN   | WATER  | SNACK  | ROAST   |
| VITAMIN | TEA    | YOGURT | MILK   | BEAN    |
| BREAD   | VEGGIE | LEEK   | SQUASH | CHICKEN |
| RADISH  | RICE   | OIL    | KIWI   | KALE    |
| CEREAL  | LENTIL | PEAR   | PEAS   | JUICE   |

# NUTRITION BINGO

|      |         |        |       |        |
|------|---------|--------|-------|--------|
| MEAT | CEREAL  | LEEK   | BEAN  | CARB   |
| CORN | KIWI    | YOGURT | YAMS  | TURNIP |
| HAM  | PROTIEN | VEGGIE | TUNA  | ROAST  |
| ORKA | BREAD   | JUICE  | BEAN  | OIL    |
| PEAS | VITAMIN | PEAR   | WATER | SNACK  |

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|        |        |        |         |         |
|--------|--------|--------|---------|---------|
| YOGURT | OIL    | TURNIP | CHICKEN | KIWI    |
| CORN   | PEAS   | BERRY  | BREAD   | BEET    |
| TUNA   | PEAR   | LEEK   | ROAST   | PEPPER  |
| SNACK  | MEAT   | MILK   | ONION   | VITAMIN |
| CARB   | CEREAL | SOUP   | APPLE   | LENTIL  |

# NUTRITION BINGO

|        |        |      |       |        |
|--------|--------|------|-------|--------|
| CORN   | WATER  | YAMS | BERRY | PEAS   |
| RADISH | JUICE  | KIWI | BEET  | SNACK  |
| OIL    | TEA    | LEEK | HAM   | MELON  |
| VEGGIE | SQUASH | CARB | ORKA  | POTATO |
| TURNIP | APPLE  | MEAT | KALE  | LENTIL |

# NUTRITION BINGO

|        |        |         |         |      |
|--------|--------|---------|---------|------|
| CEREAL | SQUASH | CHICKEN | VITAMIN | KALE |
| MEAT   | BEAN   | MELON   | PEACH   | KIWI |
| LEEK   | BEAN   | BREAD   | RADISH  | SOUP |
| ONION  | YOGURT | PROTIEN | BERRY   | HAM  |
| MILK   | OIL    | PEAS    | ROAST   | CARB |

# NUTRITION BINGO

|        |        |        |        |        |
|--------|--------|--------|--------|--------|
| LEEK   | JUICE  | BEAN   | VEGGIE | TURNIP |
| CARB   | PEAR   | PEPPER | ORKA   | WATER  |
| TEA    | PEACH  | OIL    | YAMS   | RICE   |
| RADISH | YOGURT | SOUP   | KIWI   | POTATO |
| PEAS   | MELON  | APPLE  | LENTIL | KALE   |

# NUTRITION BINGO

|         |       |       |        |        |
|---------|-------|-------|--------|--------|
| TEA     | KALE  | SOUP  | LEEK   | PEAS   |
| ROAST   | PEAR  | BERRY | BREAD  | SNACK  |
| TURNIP  | ONION | BEAN  | CEREAL | CORN   |
| CHICKEN | KIWI  | HAM   | RADISH | APPLE  |
| MEAT    | JUICE | YAMS  | POTATO | YOGURT |

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|        |       |         |       |        |
|--------|-------|---------|-------|--------|
| BEAN   | JUICE | VITAMIN | APPLE | TUNA   |
| YOGURT | YAMS  | TURNIP  | KIWI  | OIL    |
| BERRY  | SNACK | LEEK    | MILK  | LENTIL |
| VEGGIE | MELON | SQUASH  | PEACH | KALE   |
| WATER  | SOUP  | ONION   | CORN  | HAM    |

# NUTRITION BINGO

|        |        |       |         |        |
|--------|--------|-------|---------|--------|
| HAM    | PEPPER | CARB  | VITAMIN | CORN   |
| PEAS   | BEET   | JUICE | CHICKEN | SOUP   |
| RADISH | BERRY  | KIWI  | WATER   | LENTIL |
| SNACK  | TEA    | MELON | POTATO  | MILK   |
| PEAR   | MEAT   | BREAD | ONION   | BEAN   |

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|        |        |        |         |         |
|--------|--------|--------|---------|---------|
| CARB   | RICE   | KIWI   | ONION   | WATER   |
| LEEK   | APPLE  | MEAT   | PROTIEN | LENTIL  |
| CEREAL | PEAS   | KALE   | BEAN    | SQUASH  |
| TURNIP | TUNA   | VEGGIE | POTATO  | ROAST   |
| ORKA   | YOGURT | JUICE  | OIL     | CHICKEN |

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|        |        |        |        |         |
|--------|--------|--------|--------|---------|
| RADISH | ONION  | LENTIL | CEREAL | LEEK    |
| SOUP   | TURNIP | YOGURT | MILK   | MELON   |
| KALE   | PEACH  | TEA    | BERRY  | POTATO  |
| PEPPER | BEAN   | YAMS   | BREAD  | SQUASH  |
| BEET   | PEAR   | PEAS   | CORN   | PROTIEN |

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|        |         |      |        |         |
|--------|---------|------|--------|---------|
| YOGURT | JUICE   | TUNA | SOUP   | APPLE   |
| BERRY  | YAMS    | CORN | KALE   | LENTIL  |
| MEAT   | BEAN    | PEAR | OIL    | CHICKEN |
| WATER  | VITAMIN | BEAN | PEPPER | ORKA    |
| MILK   | HAM     | KIWI | BEET   | PROTIEN |

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|         |       |         |        |        |
|---------|-------|---------|--------|--------|
| VITAMIN | CORN  | HAM     | APPLE  | POTATO |
| BEET    | MEAT  | TEA     | ONION  | PEAR   |
| MELON   | PEACH | CHICKEN | OIL    | ROAST  |
| RICE    | JUICE | RADISH  | TURNIP | WATER  |
| CEREAL  | CARB  | YAMS    | KIWI   | SOUP   |

# NUTRITION BINGO

|      |        |       |         |        |
|------|--------|-------|---------|--------|
| CARB | ORKA   | MELON | BEAN    | TURNIP |
| LEEK | YAMS   | TUNA  | RICE    | POTATO |
| HAM  | LENTIL | SOUP  | YOGURT  | PEACH  |
| PEAS | KALE   | KIWI  | BERRY   | CEREAL |
| MEAT | JUICE  | TEA   | CHICKEN | APPLE  |

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|         |         |        |         |        |
|---------|---------|--------|---------|--------|
| YOGURT  | MELON   | WATER  | SOUP    | KIWI   |
| VITAMIN | POTATO  | PEACH  | BERRY   | SQUASH |
| BEET    | CHICKEN | RADISH | JUICE   | TURNIP |
| APPLE   | CORN    | PEAR   | PROTIEN | RICE   |
| HAM     | LEEK    | PEPPER | BEAN    | TUNA   |

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|        |        |       |       |        |
|--------|--------|-------|-------|--------|
| APPLE  | CORN   | WATER | SNACK | CEREAL |
| OIL    | CARB   | PEAR  | JUICE | BEAN   |
| HAM    | SQUASH | SOUP  | ONION | BERRY  |
| PEPPER | TURNIP | MEAT  | RICE  | TUNA   |
| KALE   | BEET   | ORKA  | MELON | LENTIL |

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|        |       |       |         |        |
|--------|-------|-------|---------|--------|
| CEREAL | PEAR  | KALE  | VITAMIN | RICE   |
| POTATO | PEACH | KIWI  | RADISH  | APPLE  |
| ONION  | PEAS  | BEAN  | PROTIEN | ORKA   |
| BERRY  | MELON | JUICE | SOUP    | BEET   |
| ROAST  | MILK  | TUNA  | CHICKEN | PEPPER |

# NUTRITION BINGO

|        |        |       |        |         |
|--------|--------|-------|--------|---------|
| PEAR   | MILK   | HAM   | MEAT   | POTATO  |
| ROAST  | CARB   | TEA   | RICE   | SOUP    |
| TURNIP | PEPPER | WATER | SQUASH | PEACH   |
| ONION  | ORKA   | APPLE | TUNA   | PROTIEN |
| YAMS   | MELON  | LEEK  | BEET   | OIL     |

# NUTRITION BINGO

|        |         |         |        |        |
|--------|---------|---------|--------|--------|
| RICE   | WATER   | HAM     | PEPPER | BEAN   |
| SQUASH | ORKA    | VITAMIN | POTATO | VEGGIE |
| ROAST  | RADISH  | APPLE   | CEREAL | BERRY  |
| BEAN   | TURNIP  | TEA     | JUICE  | BEET   |
| KIWI   | CHICKEN | PROTIEN | PEAS   | LEEK   |

# NUTRITION BINGO

|        |         |        |        |        |
|--------|---------|--------|--------|--------|
| LENTIL | CEREAL  | WATER  | BEAN   | CARB   |
| LEEK   | SQUASH  | POTATO | BREAD  | PEACH  |
| ONION  | VEGGIE  | TUNA   | PEAR   | YOGURT |
| HAM    | SNACK   | KIWI   | MILK   | KALE   |
| BERRY  | PROTIEN | TEA    | RADISH | BEAN   |