

# Food Label Bingo

[myfreebingocards.com](http://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/oc2pk](http://mfbc.us/e/oc2pk)

## 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](http://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/oc2pk](http://mfbc.us/s/oc2pk)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/oc2pk](http://mfbc.us/e/oc2pk)

Go to [myfreebingocards.com/bingo-card-generator](http://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](http://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.

0 calories	More than 75% of a vitamin	More than half the weight (in g) as sugar	More than 250 calories	Over 10 grams of fat	Over 40% of your daily vitamin D	Over 15% of your daily iron
Over 10 grams of protein	100% of a vitamin	1 gram of fibre	Less than 2 grams of fat	Over 350 mg of sodium	Less than 50 calories	Some calcium (1%-100%)
Less than 5 grams carbohydrates	Servings listed in mL	Over 1 mg of cholesterol	0 mg of sodium	Over 10% of your daily fibre	Flour as an ingredient	0 grams of sugar
More than 5 grams of sugar	90-120 calories	Less than 2 grams of protein				

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Over 10% of your daily fibre	0 mg of sodium	More than 5 grams of sugar	90-120 calories	Over 1 mg of cholesterol
Less than 50 calories	More than half the weight (in g) as sugar	Over 15% of your daily iron	Over 10 grams of fat	100% of a vitamin
Over 350 mg of sodium	Servings listed in mL	FREE SPACE	Flour as an ingredient	0 grams of sugar
Some calcium (1%-100%)	Less than 2 grams of protein	More than 250 calories	0 calories	Less than 5 grams carbohydrates
Less than 2 grams of fat	1 gram of fibre	More than 75% of a vitamin	Over 10 grams of protein	Over 40% of your daily vitamin D

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Over 15% of your daily iron	Over 10 grams of fat	More than 75% of a vitamin	Over 10% of your daily fibre	Less than 2 grams of protein
Less than 50 calories	Flour as an ingredient	Over 10 grams of protein	Over 350 mg of sodium	90-120 calories
Some calcium (1%-100%)	Less than 5 grams carbohydrates	FREE SPACE	1 gram of fibre	More than 250 calories
0 grams of sugar	100% of a vitamin	0 mg of sodium	Servings listed in mL	0 calories
Over 1 mg of cholesterol	Less than 2 grams of fat	More than 5 grams of sugar	More than half the weight (in g) as sugar	Over 40% of your daily vitamin D

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Over 10 grams of protein	More than half the weight (in g) as sugar	Over 15% of your daily iron	Less than 5 grams carbohydrates	More than 250 calories
Over 40% of your daily vitamin D	90-120 calories	Flour as an ingredient	More than 75% of a vitamin	Servings listed in mL
0 mg of sodium	Over 10% of your daily fibre	FREE SPACE	0 grams of sugar	Less than 2 grams of fat
Over 10 grams of fat	Less than 2 grams of protein	Over 350 mg of sodium	0 calories	Some calcium (1%-100%)
Over 1 mg of cholesterol	More than 5 grams of sugar	Less than 50 calories	100% of a vitamin	1 gram of fibre

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Servings listed in mL	More than 5 grams of sugar	Over 350 mg of sodium	100% of a vitamin	More than 75% of a vitamin
0 grams of sugar	More than half the weight (in g) as sugar	Over 1 mg of cholesterol	Some calcium (1%-100%)	Over 10 grams of protein
Flour as an ingredient	Over 10% of your daily fibre	FREE SPACE	Over 15% of your daily iron	1 gram of fibre
Less than 5 grams carbohydrates	Less than 2 grams of protein	90-120 calories	Over 40% of your daily vitamin D	Less than 50 calories
Over 10 grams of fat	0 mg of sodium	More than 250 calories	0 calories	Less than 2 grams of fat

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More than 5 grams of sugar	100% of a vitamin	Servings listed in mL	Flour as an ingredient	0 calories
Over 15% of your daily iron	Less than 2 grams of protein	Over 10 grams of fat	Over 40% of your daily vitamin D	0 grams of sugar
0 mg of sodium	Some calcium (1%-100%)	FREE SPACE	Less than 50 calories	More than 250 calories
90-120 calories	1 gram of fibre	Less than 5 grams carbohydrates	More than half the weight (in g) as sugar	Over 10% of your daily fibre
Less than 2 grams of fat	Over 350 mg of sodium	Over 1 mg of cholesterol	Over 10 grams of protein	More than 75% of a vitamin

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More than 5 grams of sugar	0 mg of sodium	Over 10% of your daily fibre	1 gram of fibre	90-120 calories
Flour as an ingredient	Over 10 grams of fat	More than 75% of a vitamin	Over 15% of your daily iron	More than half the weight (in g) as sugar
0 calories	More than 250 calories	FREE SPACE	Over 1 mg of cholesterol	Over 10 grams of protein
Less than 2 grams of protein	Over 350 mg of sodium	Servings listed in mL	Some calcium (1%-100%)	Less than 50 calories
Less than 5 grams carbohydrates	100% of a vitamin	Over 40% of your daily vitamin D	0 grams of sugar	Less than 2 grams of fat

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Some calcium (1%-100%)	1 gram of fibre	Over 350 mg of sodium	Over 1 mg of cholesterol	Over 15% of your daily iron
Less than 2 grams of fat	Over 10 grams of fat	90-120 calories	More than 250 calories	More than half the weight (in g) as sugar
Flour as an ingredient	Over 10 grams of protein	FREE SPACE	Less than 50 calories	0 grams of sugar
More than 5 grams of sugar	More than 75% of a vitamin	Less than 5 grams carbohydrates	0 calories	Servings listed in mL
Less than 2 grams of protein	Over 10% of your daily fibre	100% of a vitamin	0 mg of sodium	Over 40% of your daily vitamin D

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Some calcium (1%-100%)	Over 10% of your daily fibre	Less than 2 grams of protein	Less than 50 calories	0 calories
1 gram of fibre	0 grams of sugar	Servings listed in mL	More than 5 grams of sugar	100% of a vitamin
Over 15% of your daily iron	Over 10 grams of protein	FREE SPACE	More than half the weight (in g) as sugar	Flour as an ingredient
0 mg of sodium	Over 40% of your daily vitamin D	90-120 calories	Over 1 mg of cholesterol	More than 250 calories
Over 10 grams of fat	Less than 5 grams carbohydrates	Less than 2 grams of fat	More than 75% of a vitamin	Over 350 mg of sodium

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Less than 2 grams of protein	Less than 5 grams carbohydrates	More than 75% of a vitamin	0 grams of sugar	Over 350 mg of sodium
More than 5 grams of sugar	100% of a vitamin	90-120 calories	More than 250 calories	Over 10% of your daily fibre
Over 10 grams of protein	More than half the weight (in g) as sugar	FREE SPACE	Some calcium (1%-100%)	Flour as an ingredient
Over 10 grams of fat	Less than 2 grams of fat	Over 40% of your daily vitamin D	Over 1 mg of cholesterol	1 gram of fibre
Less than 50 calories	Over 15% of your daily iron	0 mg of sodium	0 calories	Servings listed in mL

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Over 1 mg of cholesterol	Servings listed in mL	Over 350 mg of sodium	0 mg of sodium	1 gram of fibre
Over 10 grams of fat	Less than 2 grams of fat	Flour as an ingredient	0 grams of sugar	0 calories
More than 75% of a vitamin	Over 15% of your daily iron	FREE SPACE	Less than 5 grams carbohydrates	Over 10% of your daily fibre
More than 5 grams of sugar	Some calcium (1%-100%)	More than 250 calories	Over 40% of your daily vitamin D	100% of a vitamin
Over 10 grams of protein	Less than 50 calories	Less than 2 grams of protein	90-120 calories	More than half the weight (in g) as sugar

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0 mg of sodium	Over 40% of your daily vitamin D	0 grams of sugar	Over 10% of your daily fibre	90-120 calories
More than half the weight (in g) as sugar	Less than 2 grams of protein	More than 5 grams of sugar	Over 15% of your daily iron	Less than 2 grams of fat
More than 75% of a vitamin	Over 1 mg of cholesterol	FREE SPACE	Some calcium (1%-100%)	More than 250 calories
Over 10 grams of fat	Over 10 grams of protein	Over 350 mg of sodium	1 gram of fibre	Servings listed in mL
0 calories	Flour as an ingredient	100% of a vitamin	Less than 50 calories	Less than 5 grams carbohydrates

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More than half the weight (in g) as sugar	Less than 2 grams of fat	Over 10 grams of fat	0 mg of sodium	Flour as an ingredient
Less than 5 grams carbohydrates	More than 75% of a vitamin	Less than 50 calories	Over 40% of your daily vitamin D	90-120 calories
More than 250 calories	Over 15% of your daily iron	FREE SPACE	0 grams of sugar	Some calcium (1%-100%)
More than 5 grams of sugar	Over 10% of your daily fibre	Servings listed in mL	Less than 2 grams of protein	1 gram of fibre
0 calories	Over 10 grams of protein	Over 1 mg of cholesterol	100% of a vitamin	Over 350 mg of sodium

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Over 15% of your daily iron	Less than 2 grams of protein	100% of a vitamin	Less than 5 grams carbohydrates	More than 75% of a vitamin
1 gram of fibre	90-120 calories	Some calcium (1%-100%)	More than half the weight (in g) as sugar	Over 350 mg of sodium
Over 10% of your daily fibre	Over 10 grams of fat	FREE SPACE	Flour as an ingredient	Less than 2 grams of fat
0 calories	Over 1 mg of cholesterol	0 grams of sugar	Less than 50 calories	0 mg of sodium
Servings listed in mL	More than 250 calories	More than 5 grams of sugar	Over 40% of your daily vitamin D	Over 10 grams of protein

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Less than 5 grams carbohydrates	100% of a vitamin	More than 250 calories	More than 75% of a vitamin	1 gram of fibre
Over 15% of your daily iron	Over 10 grams of protein	Less than 50 calories	More than half the weight (in g) as sugar	Flour as an ingredient
Over 40% of your daily vitamin D	0 calories	FREE SPACE	Over 10 grams of fat	More than 5 grams of sugar
Over 1 mg of cholesterol	0 grams of sugar	Servings listed in mL	90-120 calories	Over 350 mg of sodium
Over 10% of your daily fibre	Some calcium (1%-100%)	Less than 2 grams of protein	Less than 2 grams of fat	0 mg of sodium

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Less than 2 grams of fat	Less than 2 grams of protein	More than 5 grams of sugar	Over 10 grams of fat	0 mg of sodium
Over 10 grams of protein	Servings listed in mL	More than 75% of a vitamin	90-120 calories	0 grams of sugar
More than half the weight (in g) as sugar	100% of a vitamin	FREE SPACE	Over 350 mg of sodium	Over 15% of your daily iron
Less than 50 calories	Over 10% of your daily fibre	Some calcium (1%-100%)	Flour as an ingredient	0 calories
Over 40% of your daily vitamin D	1 gram of fibre	Over 1 mg of cholesterol	More than 250 calories	Less than 5 grams carbohydrates

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More than half the weight (in g) as sugar	More than 250 calories	0 grams of sugar	Some calcium (1%-100%)	Flour as an ingredient
Servings listed in mL	Over 40% of your daily vitamin D	Over 15% of your daily iron	More than 75% of a vitamin	Over 10 grams of protein
Over 1 mg of cholesterol	0 calories	FREE SPACE	More than 5 grams of sugar	Less than 5 grams carbohydrates
Over 10 grams of fat	Over 10% of your daily fibre	Less than 50 calories	Less than 2 grams of protein	Over 350 mg of sodium
100% of a vitamin	Less than 2 grams of fat	0 mg of sodium	90-120 calories	1 gram of fibre

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More than 5 grams of sugar	More than half the weight (in g) as sugar	90-120 calories	Some calcium (1%-100%)	100% of a vitamin
Over 350 mg of sodium	0 mg of sodium	Less than 2 grams of fat	Less than 5 grams carbohydrates	Less than 2 grams of protein
More than 75% of a vitamin	0 calories	FREE SPACE	Less than 50 calories	More than 250 calories
Over 10 grams of fat	1 gram of fibre	Over 40% of your daily vitamin D	Over 1 mg of cholesterol	Over 10 grams of protein
Over 10% of your daily fibre	Servings listed in mL	0 grams of sugar	Over 15% of your daily iron	Flour as an ingredient

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More than 250 calories	0 mg of sodium	0 calories	100% of a vitamin	Over 15% of your daily iron
More than 75% of a vitamin	Over 10% of your daily fibre	More than half the weight (in g) as sugar	Over 1 mg of cholesterol	Over 10 grams of protein
Servings listed in mL	More than 5 grams of sugar	FREE SPACE	Less than 50 calories	Less than 5 grams carbohydrates
Less than 2 grams of protein	Over 350 mg of sodium	Flour as an ingredient	Less than 2 grams of fat	90-120 calories
1 gram of fibre	0 grams of sugar	Over 10 grams of fat	Over 40% of your daily vitamin D	Some calcium (1%-100%)

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Flour as an ingredient	Less than 50 calories	Less than 5 grams carbohydrates	1 gram of fibre	More than 250 calories
Less than 2 grams of protein	100% of a vitamin	Over 1 mg of cholesterol	More than 75% of a vitamin	Over 10 grams of protein
Over 10% of your daily fibre	Some calcium (1%-100%)	FREE SPACE	90-120 calories	Over 350 mg of sodium
Over 10 grams of fat	Less than 2 grams of fat	0 grams of sugar	Over 15% of your daily iron	0 calories
More than 5 grams of sugar	Over 40% of your daily vitamin D	More than half the weight (in g) as sugar	Servings listed in mL	0 mg of sodium

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More than 75% of a vitamin	Over 350 mg of sodium	Flour as an ingredient	More than half the weight (in g) as sugar	0 calories
Over 10 grams of fat	Over 1 mg of cholesterol	Less than 2 grams of fat	More than 5 grams of sugar	0 mg of sodium
Over 40% of your daily vitamin D	Less than 50 calories	FREE SPACE	More than 250 calories	Less than 2 grams of protein
Over 15% of your daily iron	1 gram of fibre	Servings listed in mL	Some calcium (1%-100%)	Over 10 grams of protein
0 grams of sugar	90-120 calories	100% of a vitamin	Less than 5 grams carbohydrates	Over 10% of your daily fibre

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Over 350 mg of sodium	Over 1 mg of cholesterol	Less than 2 grams of fat	More than half the weight (in g) as sugar	Over 10% of your daily fibre
Over 10 grams of protein	More than 5 grams of sugar	Servings listed in mL	0 grams of sugar	100% of a vitamin
1 gram of fibre	90-120 calories	FREE SPACE	Some calcium (1%-100%)	Less than 5 grams carbohydrates
Over 10 grams of fat	Over 15% of your daily iron	0 calories	More than 75% of a vitamin	More than 250 calories
Flour as an ingredient	0 mg of sodium	Less than 50 calories	Over 40% of your daily vitamin D	Less than 2 grams of protein

# Food Label Bingo

More than 250 calories	0 calories	100% of a vitamin	Less than 5 grams carbohydrates	Over 1 mg of cholesterol
More than 5 grams of sugar	Over 10 grams of fat	0 mg of sodium	0 grams of sugar	Over 15% of your daily iron
Some calcium (1%-100%)	Less than 2 grams of protein	FREE SPACE	Less than 50 calories	Over 10% of your daily fibre
Over 40% of your daily vitamin D	1 gram of fibre	More than 75% of a vitamin	Over 350 mg of sodium	Less than 2 grams of fat
90-120 calories	Servings listed in mL	Over 10 grams of protein	More than half the weight (in g) as sugar	Flour as an ingredient

# Food Label Bingo

Less than 50 calories	Less than 5 grams carbohydrates	0 calories	1 gram of fibre	Over 10 grams of fat
Over 350 mg of sodium	Over 10 grams of protein	Some calcium (1%-100%)	Less than 2 grams of protein	Over 15% of your daily iron
Servings listed in mL	More than 250 calories	FREE SPACE	Less than 2 grams of fat	Flour as an ingredient
More than 75% of a vitamin	Over 40% of your daily vitamin D	Over 1 mg of cholesterol	More than half the weight (in g) as sugar	100% of a vitamin
90-120 calories	0 grams of sugar	Over 10% of your daily fibre	0 mg of sodium	More than 5 grams of sugar

# Food Label Bingo

Flour as an ingredient	Over 40% of your daily vitamin D	Over 10 grams of protein	0 mg of sodium	Over 1 mg of cholesterol
Less than 50 calories	More than half the weight (in g) as sugar	More than 5 grams of sugar	Servings listed in mL	100% of a vitamin
Less than 2 grams of fat	More than 75% of a vitamin	FREE SPACE	Less than 2 grams of protein	More than 250 calories
Over 10 grams of fat	0 calories	1 gram of fibre	Less than 5 grams carbohydrates	90-120 calories
Over 10% of your daily fibre	Over 350 mg of sodium	0 grams of sugar	Over 15% of your daily iron	Some calcium (1%-100%)

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More than 75% of a vitamin	Over 10 grams of protein	Servings listed in mL	100% of a vitamin	1 gram of fibre
More than 250 calories	Less than 2 grams of protein	0 calories	Less than 5 grams carbohydrates	Some calcium (1%-100%)
Less than 50 calories	More than half the weight (in g) as sugar	FREE SPACE	0 mg of sodium	Over 350 mg of sodium
Over 15% of your daily iron	Over 40% of your daily vitamin D	90-120 calories	Over 10% of your daily fibre	Less than 2 grams of fat
Over 1 mg of cholesterol	More than 5 grams of sugar	0 grams of sugar	Flour as an ingredient	Over 10 grams of fat

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0 calories	Less than 2 grams of fat	Less than 5 grams carbohydrates	Over 15% of your daily iron	Flour as an ingredient
0 grams of sugar	More than 250 calories	Some calcium (1%-100%)	Over 350 mg of sodium	Less than 50 calories
100% of a vitamin	Over 10 grams of fat	FREE SPACE	1 gram of fibre	More than 5 grams of sugar
Over 1 mg of cholesterol	Over 10 grams of protein	Over 40% of your daily vitamin D	More than 75% of a vitamin	More than half the weight (in g) as sugar
Over 10% of your daily fibre	Less than 2 grams of protein	0 mg of sodium	90-120 calories	Servings listed in mL

# Food Label Bingo

Some calcium (1%-100%)	Less than 2 grams of fat	More than 5 grams of sugar	More than 75% of a vitamin	Servings listed in mL
0 grams of sugar	Over 350 mg of sodium	0 calories	100% of a vitamin	Over 40% of your daily vitamin D
More than 250 calories	Over 10 grams of protein	FREE SPACE	1 gram of fibre	Less than 2 grams of protein
Over 10% of your daily fibre	More than half the weight (in g) as sugar	Over 1 mg of cholesterol	Less than 5 grams carbohydrates	Less than 50 calories
0 mg of sodium	Over 10 grams of fat	Over 15% of your daily iron	Flour as an ingredient	90-120 calories

# Food Label Bingo

Some calcium (1%-100%)	Less than 50 calories	Over 10% of your daily fibre	Flour as an ingredient	Over 10 grams of fat
Servings listed in mL	Over 40% of your daily vitamin D	Over 350 mg of sodium	0 calories	Over 10 grams of protein
More than half the weight (in g) as sugar	Over 15% of your daily iron	FREE SPACE	1 gram of fibre	Less than 5 grams carbohydrates
Less than 2 grams of protein	100% of a vitamin	0 mg of sodium	More than 75% of a vitamin	Less than 2 grams of fat
90-120 calories	More than 250 calories	0 grams of sugar	Over 1 mg of cholesterol	More than 5 grams of sugar

# Food Label Bingo

Less than 50 calories	0 mg of sodium	Over 40% of your daily vitamin D	0 calories	100% of a vitamin
Less than 2 grams of fat	0 grams of sugar	1 gram of fibre	More than 250 calories	More than 75% of a vitamin
Less than 2 grams of protein	More than half the weight (in g) as sugar	FREE SPACE	Servings listed in mL	Over 10 grams of protein
Flour as an ingredient	Over 15% of your daily iron	Over 350 mg of sodium	Some calcium (1%-100%)	90-120 calories
Over 10 grams of fat	Over 1 mg of cholesterol	Over 10% of your daily fibre	Less than 5 grams carbohydrates	More than 5 grams of sugar

# Food Label Bingo

Over 1 mg of cholesterol	Less than 2 grams of fat	0 grams of sugar	Flour as an ingredient	Servings listed in mL
Over 350 mg of sodium	90-120 calories	More than half the weight (in g) as sugar	Some calcium (1%-100%)	Less than 50 calories
Over 10% of your daily fibre	More than 75% of a vitamin	FREE SPACE	More than 5 grams of sugar	100% of a vitamin
0 mg of sodium	More than 250 calories	Over 15% of your daily iron	Over 10 grams of protein	Less than 5 grams carbohydrates
1 gram of fibre	Over 40% of your daily vitamin D	0 calories	Over 10 grams of fat	Less than 2 grams of protein