

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/jxaow

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/jxaow

Edit and Create

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

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.

| | | | |
|------------------------|------------------------------------|---|--|
| Nutrients | Water | Diabetes | DASH Diet |
| High Blood Sugar | High Blood Pressure | 120/80 | Fruits Vegetables Dairy Protein Grains |
| Carbohydrates | Consistent Carbohydrate Diet | more energy sleep better reduce risk for chronic diseases | diet and exercise |
| sugar | sodium | | |

Nutrition Bingo

| | | |
|------------------------------------|---|---------------|
| Consistent Carbohydrate Diet | Fruits Vegetables Dairy Protein Grains | sodium |
| diet and exercise | Diabetes | Carbohydrates |
| High Blood Pressure | Nutrients | 120/80 |

Nutrition Bingo

| | | |
|---------------------------|---|------------------------------------|
| sugar | Nutrients | diet and exercise |
| High Blood Pressure | Fruits Vegetables Dairy Protein Grains | DASH Diet |
| Water | Carbohydrates | Consistent Carbohydrate Diet |

Nutrition Bingo

| | | |
|------------------------------------|---|---|
| Water | more energy sleep better reduce risk for chronic diseases | Fruits Vegetables Dairy Protein Grains |
| Consistent Carbohydrate Diet | High Blood Pressure | sugar |
| Carbohydrates | High Blood Sugar | 120/80 |

Nutrition Bingo

| | | |
|---|---------------------------|--------------|
| sodium | Diabetes | sugar |
| Carbohydrates | High Blood Pressure | DASH Diet |
| Fruits Vegetables Dairy Protein Grains | Nutrients | Water |

Nutrition Bingo

| | | |
|------------------------------|-------------------|---|
| sodium | Diabetes | 120/80 |
| High Blood Pressure | Nutrients | Carbohydrates |
| Consistent Carbohydrate Diet | diet and exercise | more energy sleep better reduce risk for chronic diseases |

Nutrition Bingo

| | | |
|---|---|-----------|
| sodium | Consistent Carbohydrate Diet | DASH Diet |
| Fruits Vegetables Dairy Protein Grains | High Blood Pressure | sugar |
| 120/80 | more energy sleep better reduce risk for chronic diseases | Nutrients |

Nutrition Bingo

| | | |
|---|-------------------------|---|
| DASH Diet | High Blood Sugar | Fruits Vegetables Dairy Protein Grains |
| more energy sleep better reduce risk for chronic diseases | Carbohydrates | High Blood Pressure |
| diet and exercise | sodium | Water |

Nutrition Bingo

| | | |
|----------------------|------------------------------------|---|
| diet and exercise | Nutrients | 120/80 |
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