




# Heart Healthy BINGO

**B I N G O**

<b>Red Pepper</b> 	<b>Whole Grain Bread</b> 	<b>Lentils</b> 	<b>Turkey</b> 	<b>Heart</b> 
<b>Exercise</b> 	<b>Chicken</b> 	<b>Low Fat Yogurt</b> 	<b>Walking</b> 	<b>Nuts</b> 
<b>Seeds</b> 	<b>Beans</b> 	<b>Free space!</b>	<b>Avocado</b> 	<b>Healthy</b> 
<b>Spinach</b> 	<b>Carrots</b> 	<b>Olive Oil</b> 	<b>Salmon</b> 	<b>Low Fat Milk</b> 
<b>Bananas</b> 	<b>High Fiber</b> 	<b>Visit your Doctor</b> 	<b>Apples</b> 	<b>Stir fry</b> 
























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<b>Walking</b> 	<b>Low Fat Yogurt</b> 	<b>Beans</b> 	<b>Stir fry</b> 	<b>Turkey</b> 
<b>Whole Grain Bread</b> 	<b>Olive Oil</b> 	<b>Apples</b> 	<b>Lentils</b> 	<b>Low Fat Milk</b> 
<b>Carrots</b> 	<b>High Fiber</b> 	<b>Free space!</b>	<b>Nuts</b> 	<b>Chicken</b> 
<b>Seeds</b> 	<b>Salmon</b> 	<b>Exercise</b> 	<b>Visit your Doctor</b> 	<b>Bananas</b> 
<b>Red Pepper</b> 	<b>Avocado</b> 	<b>Heart</b> 	<b>Healthy</b> 	<b>Spinach</b> 

# Heart Healthy BINGO

**B I N G O**

<b>Salmon</b> 	<b>Nuts</b> 	<b>Low Fat Milk</b> 	<b>Low Fat Yogurt</b> 	<b>Exercise</b> 
<b>Stir fry</b> 	<b>Seeds</b> 	<b>Whole Grain Bread</b> 	<b>High Fiber</b> 	<b>Visit your Doctor</b> 
<b>Bananas</b> 	<b>Beans</b> 	<b>Free space!</b>	<b>Avocado</b> 	<b>Olive Oil</b> 
<b>Carrots</b> 	<b>Red Pepper</b> 	<b>Heart</b> 	<b>Lentils</b> 	<b>Turkey</b> 
<b>Apples</b> 	<b>Chicken</b> 	<b>Healthy</b> 	<b>Spinach</b> 	<b>Walking</b> 









# Heart Healthy BINGO

**B I N G O**

<b>Salmon</b> 	<b>Whole Grain Bread</b> 	<b>Turkey</b> 	<b>Exercise</b> 	<b>Beans</b> 
<b>Carrots</b> 	<b>High Fiber</b> 	<b>Chicken</b> 	<b>Lentils</b> 	<b>Walking</b> 
<b>Spinach</b> 	<b>Seeds</b> 	<b>Free space!</b>	<b>Nuts</b> 	<b>Avocado</b> 
<b>Heart</b> 	<b>Low Fat Milk</b> 	<b>Stir fry</b> 	<b>Visit your Doctor</b> 	<b>Low Fat Yogurt</b> 
<b>Apples</b> 	<b>Bananas</b> 	<b>Healthy</b> 	<b>Olive Oil</b> 	<b>Red Pepper</b> 

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<b>Exercise</b> 	<b>Lentils</b> 	<b>Carrots</b> 	<b>Bananas</b> 	<b>Visit your Doctor</b> 
<b>Low Fat Milk</b> 	<b>Red Pepper</b> 	<b>Olive Oil</b> 	<b>Chicken</b> 	<b>High Fiber</b> 
<b>Low Fat Yogurt</b> 	<b>Walking</b> 	<b>Free space!</b>	<b>Salmon</b> 	<b>Beans</b> 
<b>Healthy</b> 	<b>Turkey</b> 	<b>Whole Grain Bread</b> 	<b>Seeds</b> 	<b>Heart</b> 
<b>Nuts</b> 	<b>Apples</b> 	<b>Stir fry</b> 	<b>Avocado</b> 	<b>Spinach</b> 




# Heart Healthy BINGO

**B I N G O**

<b>Spinach</b> 	<b>Nuts</b> 	<b>Carrots</b> 	<b>Heart</b> 	<b>Avocado</b> 
<b>Salmon</b> 	<b>Walking</b> 	<b>Low Fat Milk</b> 	<b>Beans</b> 	<b>Turkey</b> 
<b>Visit your Doctor</b> 	<b>Low Fat Yogurt</b> 	<b>Free space!</b>	<b>High Fiber</b> 	<b>Whole Grain Bread</b> 
<b>Bananas</b> 	<b>Olive Oil</b> 	<b>Healthy</b> 	<b>Lentils</b> 	<b>Exercise</b> 
<b>Stir fry</b> 	<b>Chicken</b> 	<b>Apples</b> 	<b>Seeds</b> 	<b>Red Pepper</b> 

# Heart Healthy BINGO

**B I N G O**

<b>Exercise</b> 	<b>Apples</b> 	<b>Bananas</b> 	<b>Heart</b> 	<b>Beans</b> 
<b>Seeds</b> 	<b>Stir fry</b> 	<b>Whole Grain Bread</b> 	<b>Salmon</b> 	<b>Avocado</b> 
<b>High Fiber</b> 	<b>Carrots</b> 	<b>Free space!</b>	<b>Chicken</b> 	<b>Visit your Doctor</b> 
<b>Low Fat Yogurt</b> 	<b>Red Pepper</b> 	<b>Olive Oil</b> 	<b>Nuts</b> 	<b>Lentils</b> 
<b>Turkey</b> 	<b>Healthy</b> 	<b>Walking</b> 	<b>Spinach</b> 	<b>Low Fat Milk</b> 

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**B I N G O**

<b>High Fiber</b> 	<b>Nuts</b> 	<b>Stir fry</b> 	<b>Avocado</b> 	<b>Whole Grain Bread</b> 
<b>Beans</b> 	<b>Exercise</b> 	<b>Seeds</b> 	<b>Heart</b> 	<b>Salmon</b> 
<b>Chicken</b> 	<b>Low Fat Yogurt</b> 	<b>Free space!</b>	<b>Bananas</b> 	<b>Healthy</b> 
<b>Olive Oil</b> 	<b>Carrots</b> 	<b>Turkey</b> 	<b>Walking</b> 	<b>Red Pepper</b> 
<b>Spinach</b> 	<b>Apples</b> 	<b>Low Fat Milk</b> 	<b>Visit your Doctor</b> 	<b>Lentils</b> 



# Heart Healthy BINGO

**B I N G O**

<b>Turkey</b> 	<b>Chicken</b> 	<b>Whole Grain Bread</b> 	<b>Avocado</b> 	<b>Exercise</b> 
<b>High Fiber</b> 	<b>Stir fry</b> 	<b>Visit your Doctor</b> 	<b>Bananas</b> 	<b>Olive Oil</b> 
<b>Red Pepper</b> 	<b>Spinach</b> 	<b>Free space!</b>	<b>Salmon</b> 	<b>Heart</b> 
<b>Healthy</b> 	<b>Low Fat Milk</b> 	<b>Lentils</b> 	<b>Beans</b> 	<b>Seeds</b> 
<b>Low Fat Yogurt</b> 	<b>Walking</b> 	<b>Carrots</b> 	<b>Nuts</b> 	<b>Apples</b> 




# Heart Healthy BINGO

B I N G O

<b>Carrots</b> 	<b>Exercise</b> 	<b>Visit your Doctor</b> 	<b>Avocado</b> 	<b>Low Fat Yogurt</b> 
<b>Whole Grain Bread</b> 	<b>Salmon</b> 	<b>Bananas</b> 	<b>Turkey</b> 	<b>Walking</b> 
<b>Olive Oil</b> 	<b>Low Fat Milk</b> 	<b>Free space!</b>	<b>Nuts</b> 	<b>Spinach</b> 
<b>Stir fry</b> 	<b>High Fiber</b> 	<b>Chicken</b> 	<b>Heart</b> 	<b>Seeds</b> 
<b>Lentils</b> 	<b>Apples</b> 	<b>Healthy</b> 	<b>Red Pepper</b> 	<b>Beans</b> 


















# Heart Healthy BINGO

B I N G O

<p>Visit your Doctor</p> 	<p>Beans</p> 	<p>Stir fry</p> 	<p>Avocado</p> 	<p>High Fiber</p> 
<p>Healthy</p> 	<p>Apples</p> 	<p>Turkey</p> 	<p>Red Pepper</p> 	<p>Lentils</p> 
<p>Walking</p> 	<p>Bananas</p> 	<p>Free space!</p>	<p>Salmon</p> 	<p>Spinach</p> 
<p>Nuts</p> 	<p>Seeds</p> 	<p>Low Fat Yogurt</p> 	<p>Exercise</p> 	<p>Whole Grain Bread</p> 
<p>Chicken</p> 	<p>Heart</p> 	<p>Carrots</p> 	<p>Low Fat Milk</p> 	<p>Olive Oil</p> 

# Heart Healthy BINGO

**B I N G O**

<b>Chicken</b> 	<b>Nuts</b> 	<b>Whole Grain Bread</b> 	<b>Bananas</b> 	<b>Apples</b> 
<b>Walking</b> 	<b>Carrots</b> 	<b>High Fiber</b> 	<b>Spinach</b> 	<b>Turkey</b> 
<b>Red Pepper</b> 	<b>Avocado</b> 	<b>Free space!</b>	<b>Olive Oil</b> 	<b>Heart</b> 
<b>Visit your Doctor</b> 	<b>Stir fry</b> 	<b>Exercise</b> 	<b>Healthy</b> 	<b>Beans</b> 
<b>Lentils</b> 	<b>Salmon</b> 	<b>Low Fat Milk</b> 	<b>Seeds</b> 	<b>Low Fat Yogurt</b> 

# Heart Healthy BINGO Call List

- Call out each word or phrase starting at the top.
- To make the game more challenging, give a clue instead of saying the word.
- Use the extra space on this page to write your own notes (e.g., clues you'll use for each word/phrase).



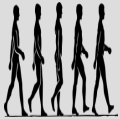
Carrots



Spinach



Low Fat Yogurt



Walking



Bananas



Turkey



Salmon



Seeds



Beans



Red Pepper



Low Fat Milk



Exercise



Heart



High Fiber



Chicken



Stir fry



Olive Oil



Avocado



Nuts



Apples



Lentils



Whole Grain Bread



Visit your Doctor



Healthy