

Added Sugar

B I N G O

<p>avoid dextrose</p>				
	<p>avoid sucrose</p>			<p>avoid fructose</p>
		<p>Free space!</p>		<p>natural sugar</p>
				
<p>avoid corn syrup</p>		<p>whole foods</p>		

Added Sugar

B I N G O

<p>avoid fructose</p>	<p>avoid dextrose</p>			
<p>whole foods</p>			<p>natural sugar</p>	
		<p>Free space!</p>		
	<p>avoid corn syrup</p>			
<p>avoid sucrose</p>				

Added Sugar

B I N G O



Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 14g	28%
Includes 10g Added Sugars	



whole foods



Free space!

avoid fructose



natural sugar



avoid corn syrup

avoid dextrose

avoid sucrose



Added Sugar

B I N G O

<p>avoid sucrose</p>			<p>avoid dextrose</p>	
				
	<p>whole foods</p>	<p>Free space!</p>		
<p>avoid corn syrup</p>	<p>avoid fructose</p>			<p>natural sugar</p>
				

Added Sugar

B I N G O

<p>natural sugar</p>	<p>avoid sucrose</p>																															
				<table border="1"> <thead> <tr> <th colspan="2">Nutrition Facts</th> </tr> <tr> <td colspan="2">8 servings per container</td> </tr> <tr> <td colspan="2">Serving size 2/3 cup (55g)</td> </tr> <tr> <td colspan="2">Amount per serving</td> </tr> <tr> <td>Calories</td> <td>230</td> </tr> <tr> <td>Total Fat 5g</td> <td>10%</td> </tr> <tr> <td>Saturated Fat 1g</td> <td>2%</td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td>0%</td> </tr> <tr> <td>Sodium 10mg</td> <td>7%</td> </tr> <tr> <td>Total Carbohydrate 37g</td> <td>13%</td> </tr> <tr> <td>Dietary Fiber 4g</td> <td>14%</td> </tr> <tr> <td>Total Sugars 14g</td> <td>28%</td> </tr> <tr> <td colspan="2"><u>Includes 10g Added Sugars</u></td> </tr> </thead></table>	Nutrition Facts		8 servings per container		Serving size 2/3 cup (55g)		Amount per serving		Calories	230	Total Fat 5g	10%	Saturated Fat 1g	2%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 10mg	7%	Total Carbohydrate 37g	13%	Dietary Fiber 4g	14%	Total Sugars 14g	28%	<u>Includes 10g Added Sugars</u>	
Nutrition Facts																																
8 servings per container																																
Serving size 2/3 cup (55g)																																
Amount per serving																																
Calories	230																															
Total Fat 5g	10%																															
Saturated Fat 1g	2%																															
Trans Fat 0g																																
Cholesterol 0mg	0%																															
Sodium 10mg	7%																															
Total Carbohydrate 37g	13%																															
Dietary Fiber 4g	14%																															
Total Sugars 14g	28%																															
<u>Includes 10g Added Sugars</u>																																
<p>avoid corn syrup</p>		<p>Free space!</p>																														
			<p>avoid fructose</p>	<p>avoid dextrose</p>																												
			<p>whole foods</p>																													

Added Sugar

B I N G O



natural
sugar

avoid
fructose



Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	2%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 10g	20%
Includes 10g Added Sugars	



avoid
dextrose

Free
space!

avoid
corn
syrup



whole
foods



avoid
sucrose

Added Sugar

B I N G O

	natural sugar	avoid dextrose		avoid sucrose
				
avoid fructose		Free space!	avoid corn syrup	
				
				whole foods

Added Sugar

B I N G O

				
			avoid corn syrup	
avoid dextrose	whole foods	Free space!		
		avoid sucrose		
natural sugar	avoid fructose			

Added Sugar

B I N G O

				
				avoid sucrose
		Free space!	avoid fructose	natural sugar
				
		whole foods	avoid corn syrup	avoid dextrose

Added Sugar

B I N G O



avoid
fructose



avoid
dextrose

Free
space!

whole
foods



natural
sugar

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 14g	28%
Includes 10g Added Sugars	



avoid
sucrose



avoid
corn
syrup

Added Sugar

B I N G O

		whole foods	avoid dextrose	
	avoid corn syrup		natural sugar	
		Free space!		
	avoid sucrose	avoid fructose		
				

Added Sugar

B I N G O

avoid
corn
syrup



Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
	% Daily Value*
Total Fat 5g	10%
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 44g	88%
Includes 10g Added Sugars	20%

avoid
sucrose



avoid
fructose

Free
space!



natural
sugar

whole
foods

avoid
dextrose



Added Sugar

B I N G O

	<p>avoid fructose</p>	<p>natural sugar</p>		<p>whole foods</p>
			<p>avoid sucrose</p>	
		<p>Free space!</p>		
				<p>avoid dextrose</p>
<p>avoid corn syrup</p>				

Added Sugar

B I N G O



**avoid
corn
syrup**



**natural
sugar**



**Free
space!**

**avoid
sucrose**

**avoid
fructose**

**avoid
dextrose**

**whole
foods**



Added Sugar

B I N G O

				
		avoid corn syrup	natural sugar	avoid dextrose
whole foods		Free space!		
	avoid fructose		avoid sucrose	
				

Added Sugar

B I N G O



avoid
sucrose



avoid
corn
syrup



avoid
dextrose

Free
space!



avoid
fructose



natural
sugar

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
<small>% Daily Values*</small>	
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 150mg	3%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 14g	28%
<small>*Includes 10g Added Sugars</small>	



whole
foods



Added Sugar

B I N G O

				
avoid fructose				natural sugar
avoid corn syrup	whole foods	Free space!		
avoid dextrose				
		avoid sucrose		

Added Sugar

B I N G O

**avoid
corn
syrup**



**natural
sugar**



**whole
foods**

**avoid
fructose**



**Free
space!**



Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
Total Fat 8g	16%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 14g	28%
Includes 10g Added Sugars	



**avoid
dextrose**



**avoid
sucrose**



Added Sugar

B I N G O

	<p>natural sugar</p>																																	
<p>avoid fructose</p>	<p>avoid sucrose</p>																																	
		<p>Free space!</p>		<table border="1"> <thead> <tr> <th colspan="2">Nutrition Facts</th> </tr> <tr> <td colspan="2">8 servings per container</td> </tr> <tr> <td colspan="2">Serving size 2/3 cup (55g)</td> </tr> <tr> <td colspan="2">Amount per serving</td> </tr> <tr> <td>Calories</td> <td>230</td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td>Total Fat 8g</td> <td>10%</td> </tr> <tr> <td>Saturated Fat 1g</td> <td>5%</td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td>0%</td> </tr> <tr> <td>Sodium 100mg</td> <td>7%</td> </tr> <tr> <td>Total Carbohydrate 37g</td> <td>13%</td> </tr> <tr> <td>Dietary Fiber 4g</td> <td>14%</td> </tr> <tr> <td>Total Sugars 15g</td> <td></td> </tr> <tr> <td></td> <td>Includes 10g Added Sugars 20%</td> </tr> </thead></table>	Nutrition Facts		8 servings per container		Serving size 2/3 cup (55g)		Amount per serving		Calories	230	<hr/>		Total Fat 8g	10%	Saturated Fat 1g	5%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 100mg	7%	Total Carbohydrate 37g	13%	Dietary Fiber 4g	14%	Total Sugars 15g			Includes 10g Added Sugars 20%
Nutrition Facts																																		
8 servings per container																																		
Serving size 2/3 cup (55g)																																		
Amount per serving																																		
Calories	230																																	
<hr/>																																		
Total Fat 8g	10%																																	
Saturated Fat 1g	5%																																	
Trans Fat 0g																																		
Cholesterol 0mg	0%																																	
Sodium 100mg	7%																																	
Total Carbohydrate 37g	13%																																	
Dietary Fiber 4g	14%																																	
Total Sugars 15g																																		
	Includes 10g Added Sugars 20%																																	
			<p>whole foods</p>																															
<p>avoid dextrose</p>			<p>avoid corn syrup</p>																															

Added Sugar

B I N G O

		<p>avoid corn syrup</p>		
		<p>avoid dextrose</p>		
		<p>Free space!</p>	<p>avoid fructose</p>	
<p>avoid sucrose</p>	<p>natural sugar</p>			
		<p>whole foods</p>		

Added Sugar 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).



eggs



olive oil



water



green tea

avoid corn syrup



vegetables

whole foods



1500 mg sodium



Omega 3

avoid dextrose



cabbage



strawberry



vegetable



vitamin C

avoid sucrose



blackberries



nutrient dense



berries



fruits



coffee

avoid fructose

natural sugar



kale



water