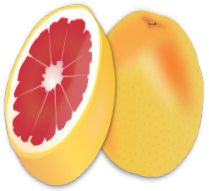
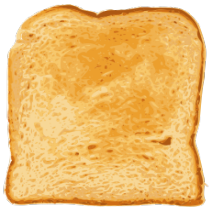
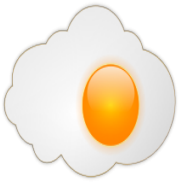
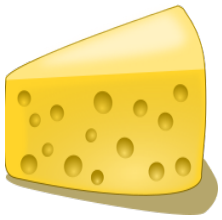
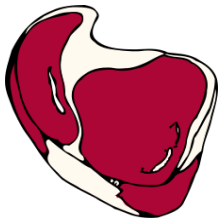
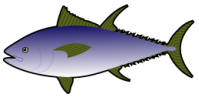
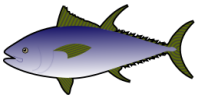
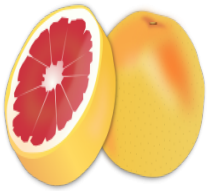
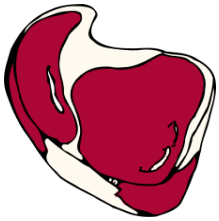
Bone Health

B	I	N	G	O
salmon				
calcium		fortified foods		
		Free space!		supplements
				Limit soda
supplement		vitamin D	tuna 	

Bone Health

B	I	N	G	O
supplement	Limit soda	calcium	tuna 	
vitamin D				
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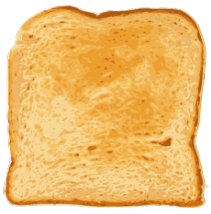
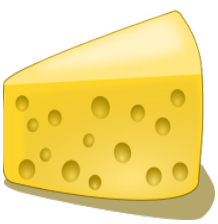
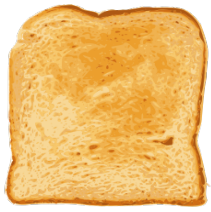
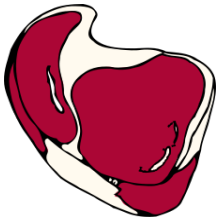
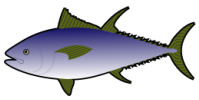
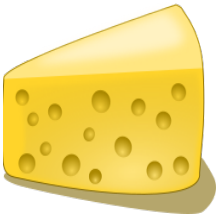
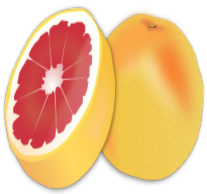
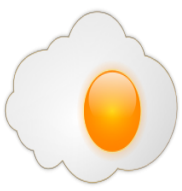
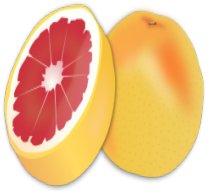
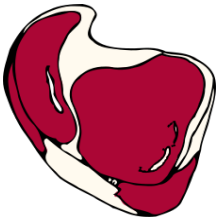
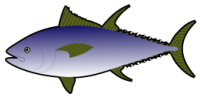
				
			supplements	

Bone Health

B	I	N	G	O
				
vitamin D	tuna 			salmon
	calcium	Free space!	fortified foods	
supplement	supplements			
			Limit soda	

Bone Health

B	I	N	G	O
				
fortified foods	supplements			tuna 
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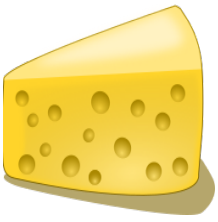
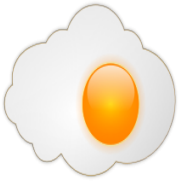
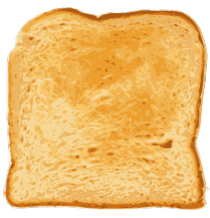
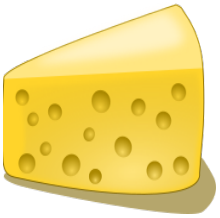
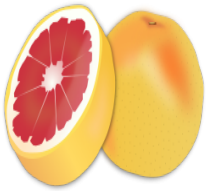
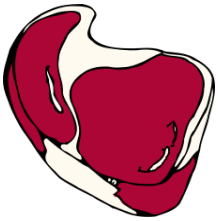
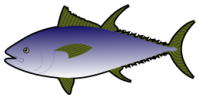
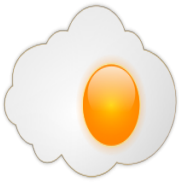
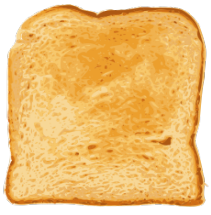
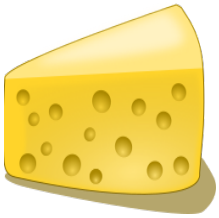
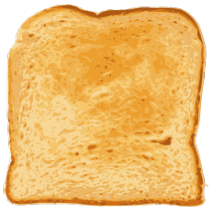
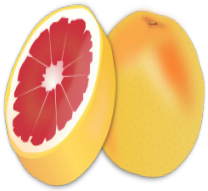
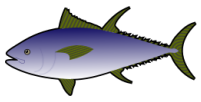
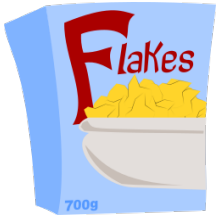
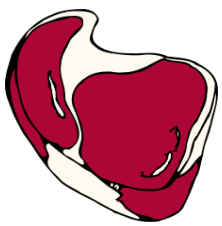
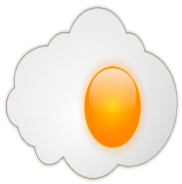
vitamin D			Limit soda	
				supplement

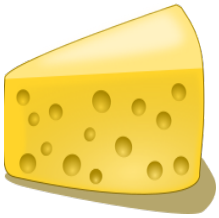
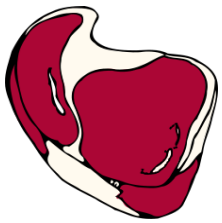
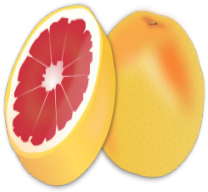
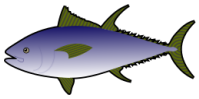
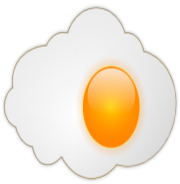
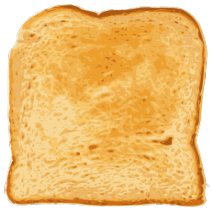
Bone Health

B	I	N	G	O
vitamin D	supplements			fortified foods
			salmon	
supplement		Free space!		
	tuna 	Limit soda		
				

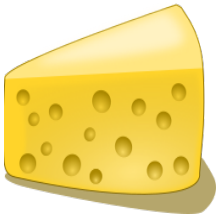
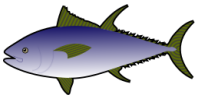
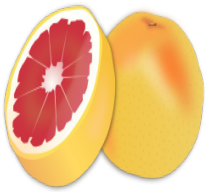
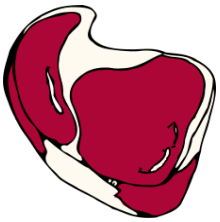
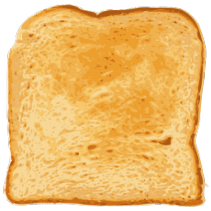
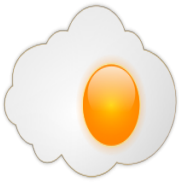
Bone Health

B	I	N	G	O
supplements			Limit soda	calcium
				
	fortified foods	Free space!	tuna 	
	salmon			
	supplement	vitamin D		

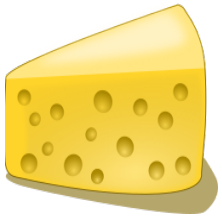
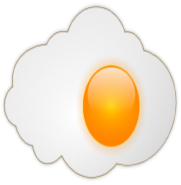
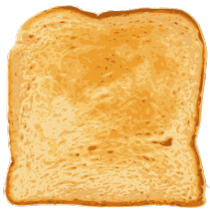
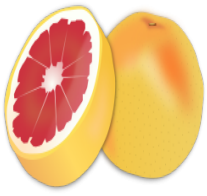
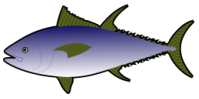
Bone Health

B	I	N	G	O
	calcium	vitamin D		
salmon		supplements		
		Free space!	fortified foods	Limit soda
	tuna 			
	supplement			

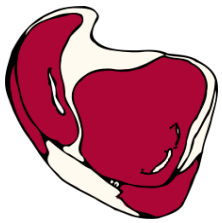
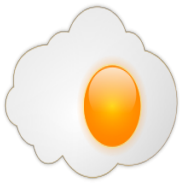
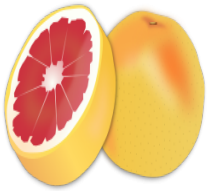
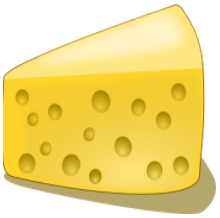
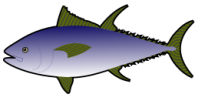
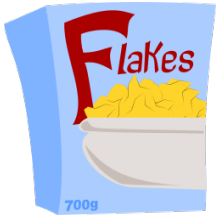
Bone Health

B	I	N	G	O
salmon		tuna 		Limit soda
supplement				calcium
fortified foods		Free space!	vitamin D	
				
			supplements	

Bone Health

B	I	N	G	O
	calcium			
				
fortified foods		Free space!		
supplement		salmon		supplements
		vitamin D	tuna 	Limit soda

Bone Health

B	I	N	G	O
				
				
calcium	supplement	Free space!	tuna 	
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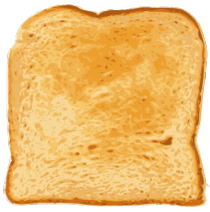
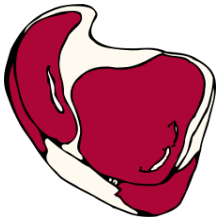
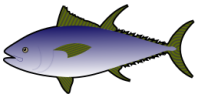
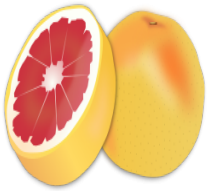
		supplements	vitamin D	fortified foods

Bone Health

B	I	N	G	O
salmon		vitamin D		
		tuna 	calcium	Limit soda
	supplement	Free space!		
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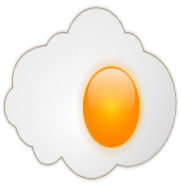
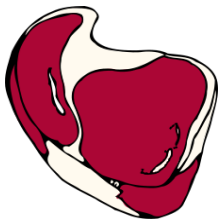
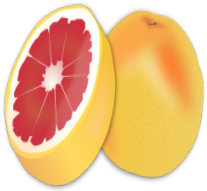
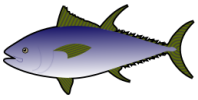
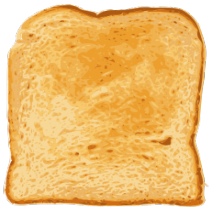
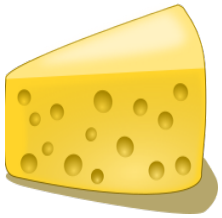
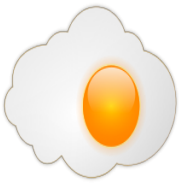
				

Bone Health

B	I	N	G	O
		tuna 		
	fortified foods			salmon
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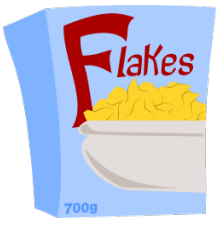
		Limit soda		supplements
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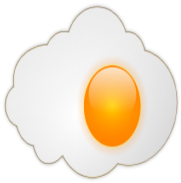
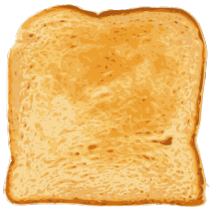
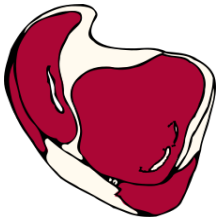
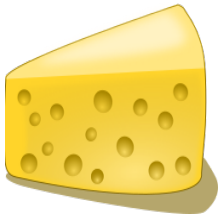
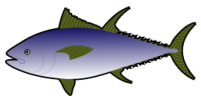
Bone Health

B	I	N	G	O
salmon	vitamin D			
				
	fortified foods	Free space!	tuna 	
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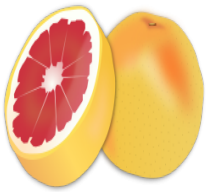
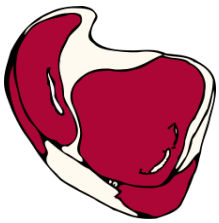
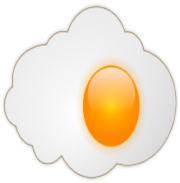
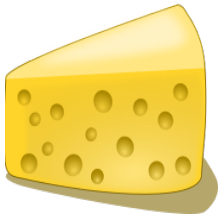
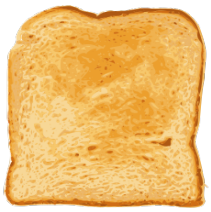
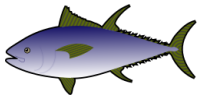
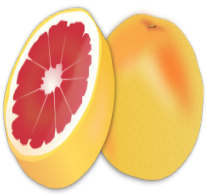
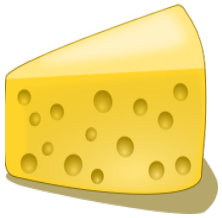
		supplements	calcium	

Bone Health

B	I	N	G	O
				
	vitamin D		calcium	
	Limit soda	Free space!	fortified foods	
		salmon		tuna 
			supplements	supplement

Bone Health

B	I	N	G	O
		supplement	calcium	
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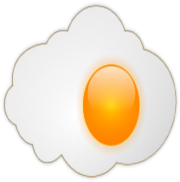
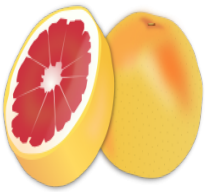
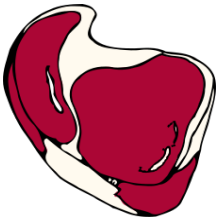
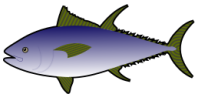
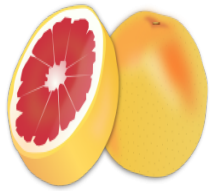
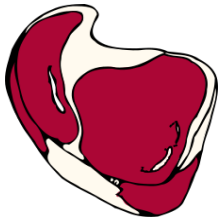
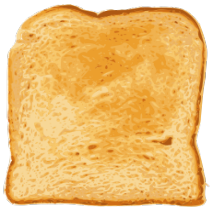
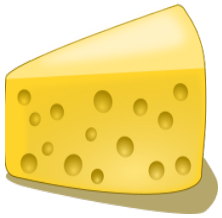
		Free space!		Limit soda
		vitamin D		
fortified foods		tuna 		

Bone Health

B	I	N	G	O
				
	fortified foods			
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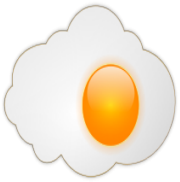
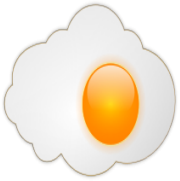
Limit soda	supplements			
	vitamin D	supplement		calcium

Bone Health

B	I	N	G	O
			calcium	
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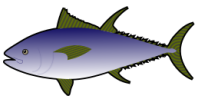
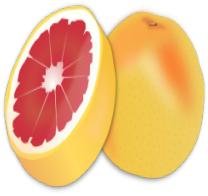
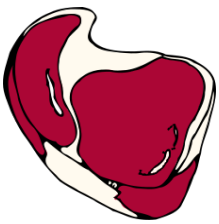
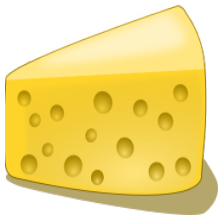
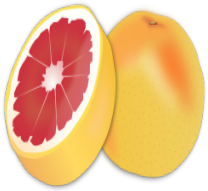
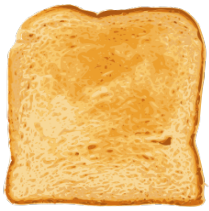
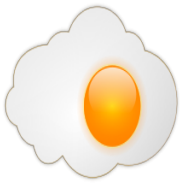
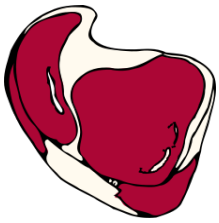
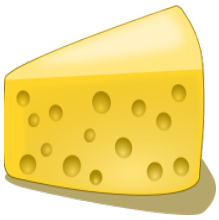
tuna 		Free space!	fortified foods	supplement
				
				Limit soda

Bone Health

B	I	N	G	O
calcium	Limit soda			
			salmon	
		Free space!	supplements	
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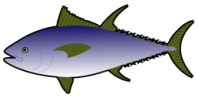
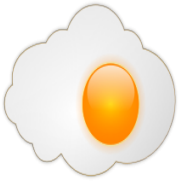
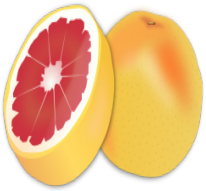
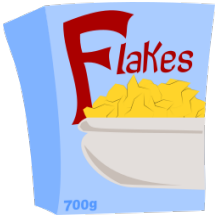
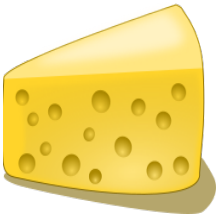
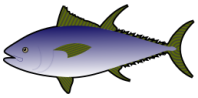
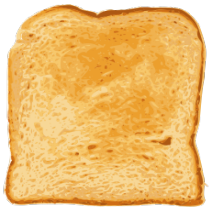
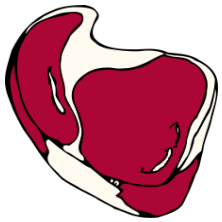
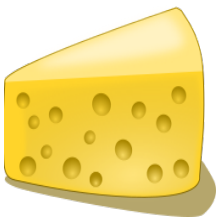
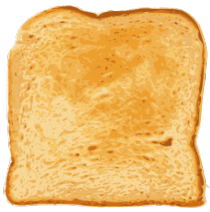
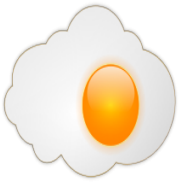
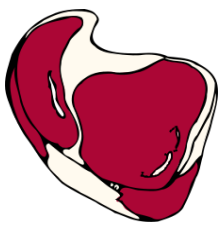
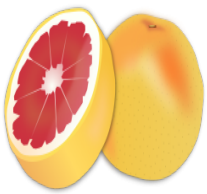
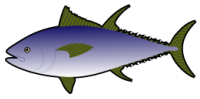
tuna 				

Bone Health

B	I	N	G	O
salmon				Limit soda
supplements		calcium	vitamin D	
		Free space!	fortified foods	supplement
				
tuna 				

Bone Health

B	I	N	G	O
Limit soda				
vitamin D			salmon	fortified foods
		Free space!	supplements	
			supplement	
		calcium		tuna 

Bone Health 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).

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cheese

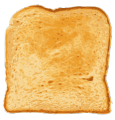
salmon

supplement

fruits

grapefruit

sun


bread

muscles

bones

cereal

vitamin D

mushroom

Limit soda

milk

exercise

tuna

meat

eggs

fortified foods

supplements

muscle

orange juice

calcium

yogurt

beans