

# Gut Health

**B I N G O**

				
prebiotics				
	probiotics	Free space!		regulate appetite 
				
			fiber foods	

# Gut Health

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	<p><b>regulate appetite</b></p> 	<p><b>Free space!</b></p>		
	<b>prebiotics</b>	<b>probiotics</b>		
		<b>fiber foods</b>		



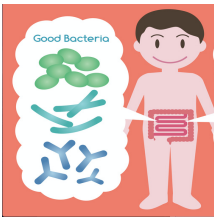





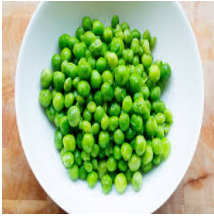
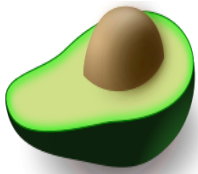








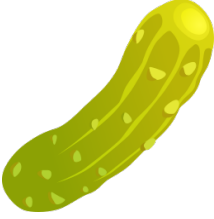


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		<b>Free space!</b>		
	<b>probiotics</b>			
<b>regulate appetite</b>				




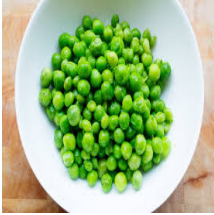




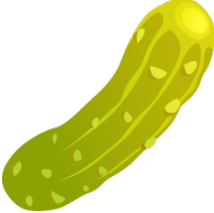






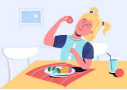

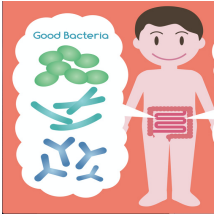


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	<b>probiotics</b>	<b>regulate appetite</b> 		
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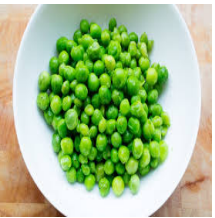









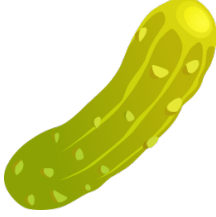




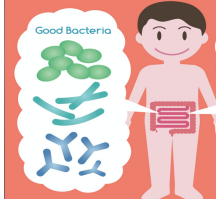


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# Gut Health Call List

- 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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## prebiotics



brown rice



fruits



whole grains



regulate appetite



garlic



peas



meditation



berries



onion



yogurt



broccoli



oats



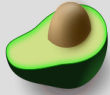
yoga

## probiotics



exercise

fiber foods



avocado



pickle



black bean



asparagus



brain



vegetable



gut health