

# Nutrition & Arthritis

**B I N G O**

				
		<p><b>Omega 3 reduce inflammation</b></p>		<p><b>Mediterranean Diet</b></p>
		<p><b>Free space!</b></p>		
		<p><b>vitamin C</b></p>		
		<p><b>vitamin K</b></p>	<p><b>anti-inflammatory food</b></p>	

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				anti-inflammatory food
		Free space!		
vitamin K		vitamin C		Mediterranean Diet
Omega 3 reduce inflammation				

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	vitamin C			
	vitamin K	Free space!		
			Mediterranean Diet	
	Omega 3 reduce inflammation			

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Omega 3 reduce inflammation			vitamin K	
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		Free space!	Omega 3 reduce inflammation	
	vitamin C			
Mediterranean Diet		vitamin K		

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<b>Mediterranean Diet</b>		<b>Omega 3 reduce inflammation</b>		
				<b>vitamin C</b>

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# B I N G O

				
Omega 3 reduce inflammation				
		Free space!	vitamin K	anti-inflammatory food
vitamin C				
		Mediterranean Diet		



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		<b>vitamin K</b>		
				
<b>Omega 3 reduce inflammation</b>		<b>Free space!</b>		
<b>Mediterranean Diet</b>			<b>vitamin C</b>	
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# B I N G O

				
		vitamin C		
Mediterranean Diet	Omega 3 reduce inflammation	Free space!		anti-inflammatory food
				
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	<b>Mediterranean Diet</b>			
		<b>Free space!</b>		<b>vitamin K</b>
		<b>Omega 3 reduce inflammation</b>		
<b>anti-inflammatory food</b>				<b>vitamin C</b>



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<b>Omega 3 reduce inflammation</b>				
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	<b>anti-inflammatory food</b>		<b>Mediterranean Diet</b>	
	<b>vitamin K</b>			

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		<b>vitamin K</b>		
<b>Omega 3 reduce inflammation</b>	<b>anti-inflammatory food</b>			
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<b>vitamin K</b>		<b>Free space!</b>		<b>Omega 3 reduce inflammation</b>
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# B I N G O

		Omega 3 reduce inflammation	vitamin C	
				vitamin K
		Free space!		
			anti-inflammatory food	Mediterranean Diet
				

# Nutrition & Arthritis

# B I N G O

<p>Mediterranean Diet</p>	<p>vitamin C</p>		<p>anti-inflammatory food</p>	
				<p>Omega 3 reduce inflammation</p>
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	<p>vitamin K</p>			

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		anti-inflammatory food		Mediterranean Diet
vitamin C		vitamin K		
		Free space!		Omega 3 reduce inflammation
				
				



# Nutrition & Arthritis 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).



no junk



whole grain



salmon



broccoli

anti-inflammatory food



kale



canola oil



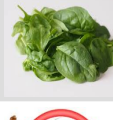
fish oil supplements

vitamin C



blueberry

Mediterranean Diet



spinach



no junk



no junk



fruits



cherries



sardines



tuna

Omega 3 reduce inflammation



walnut



soybean oil



strawberries



no junk

vitamin K