BUMBLE BEE. **Sardines** Omega 3 reduce Mediterranean **Diet** inflammation Free space! vitamin vitamin anti-inflammatory K food

BUMBLE BEE. **Sardines** anti-inflammatory Free space! vitamin vitamin Mediterranean K **Diet** Omega 3 reduce inflammation

vitamin **BUMBLE BEE.** Sardines anti-inflammatory Free Omega 3 reduce space! inflammation vitamin Mediterranean K **Diet**

vitamin anti-inflammatory food Omega 3 reduce inflammation BUMBLE BEE. Free **Sardines** space! vitamin K Mediterranean Diet

anti-inflammatory food vitamin vitamin Free space! **BUMBLE BEE Sardines** Mediterranean Diet Omega 3 reduce inflammation

Omega 3 reduce inflammation vitamin Free space! BUMBLE BEE. vitamin Sardines Mediterranean anti-inflammatory **Diet**

vitamin Omega 3 reduce inflammation Free space! vitamin **BUMBLE BEE** Sardines K Mediterranean anti-inflammatory **Diet**



anti-inflammatory food vitamin Omega 3 reduce K inflammation vitamin Free space! BUMBLE BEE. Sardines Mediterranean **Diet**

BUMBLE BEE. **Sardines** anti-inflammatory food Free Omega 3 reduce space! inflammation vitamin vitamin Mediterranean K **Diet**

vitamin Free anti-inflammatory food space! Omega 3 reduce Mediterranean Diet inflammation vitamin **BUMBLE BEE**

Omega 3 reduce inflammation vitamin Free anti-inflammatory food space! vitamin **BUMBLE BEE Sardines** Mediterranean Diet

vitamin BUMBLE BEE. Free Omega 3 reduce space! inflammation vitamin Mediterranean Diet anti-inflammatory food

vitamin Free Omega 3 reduce Mediterranean anti-inflammatory food **Diet** space! inflammation vitamin **BUMBLE BEE Sardines** K

Mediterranean **Diet** vitamin Free space! BUMBLE BEE Omega 3 reduce **Sardines** inflammation vitamin anti-inflammatory

vitamin BUMBLE BEE. Omega 3 reduce Sardines inflammation Free space! Mediterranean anti-inflammatory food Diet vitamin K

vitamin K Omega 3 reduce anti-inflammatory inflammation **BUMBLE BEE** Free Sardines space! Mediterranean Diet vitamin

vitamin Free Omega 3 reduce space! inflammation vitamin **BUMBLE BEE** Sardines Mediterranean anti-inflammatory **Diet**

vitamin Omega 3 reduce inflammation vitamin K Free space! Mediterranean anti-inflammatory food **Diet** BUMBLE BEE. **Sardines**

vitamin BUMBLE BEE. Sardines Mediterranean anti-inflammatory Diet food Omega 3 reduce inflammation Free space! vitamin K

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