



Greater Wisconsin
Agency on Aging Resources, Inc.

NUTRITION ED BINGO NOTES PAGES

Greater WI Agency on Aging Resources (GWAAR)

Abstract

The bingo cards are designed to promote healthy habits and informed choices for older adults in a fun and engaging way. Each bingo square highlights a key aspect of nutrition, wellness, and lifestyle choices, encouraging participants to make small but impactful decisions that support their overall health and well-being. From understanding the benefits of anti-inflammatory foods for arthritis to making mindful choices during the holiday season, the game provides practical tips that empower older adults to stay active, eat well, and maintain a balanced lifestyle. Whether it's choosing whole grains, staying hydrated, or incorporating movement, this activity fosters awareness and discussion while reinforcing positive habits.

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Added Sugar and Older Adults Bingo Cards

Nutrition Tips: Added Sugar: Overview to review before the game begins.

- **Limit Added Sugars** – The American Heart Association recommends no more than **24g (6 teaspoons) of added sugar per day for women** and **36g (9 teaspoons) for men** to reduce the risk of chronic diseases.
- **Check Food Labels** – The updated Nutrition Facts label makes it easier to spot **"Added Sugars"** at a glance. These sugars can appear under various names, including **high-fructose corn syrup, cane sugar, dextrose, and agave nectar**. Always review the ingredients list to make informed choices.
- **Beware of "Healthy" Foods** – Items like **flavored yogurt, granola bars, fruit juices, and even salad dressings** can have high amounts of added sugar.
- **Choose Natural Sweeteners** – Swap processed sugar for **natural options like fruit, cinnamon, or a drizzle of honey or maple syrup in moderation**.
- **Stay Hydrated with Water** – Sugary drinks like soda, sweet tea, and flavored coffee drinks can add **hundreds of empty calories**. Choose **water, herbal tea, or fruit-infused water** instead.
- **Be Mindful of Processed Foods** – Many packaged foods, such as **ketchup, canned soups, and bread**, contain added sugar. Opt for **low-sugar or homemade versions** when possible.
- **Control Blood Sugar Levels** – High sugar intake can lead to **blood sugar spikes and crashes**, increasing the risk of **diabetes, fatigue, and inflammation**.
- **Opt for Whole Foods** – Whole foods like **fresh fruits, vegetables, whole grains, and proteins** provide **natural energy without the sugar crash**.
- **Cut Back Slowly** – Reducing sugar intake gradually can **help reset taste buds** and reduce cravings over time. For example, start by cutting out $\frac{1}{4}$ to $\frac{1}{2}$ of the sugar in a recipe.
- **Watch Portion Sizes** – Enjoy occasional treats, but **stick to small portions** to prevent overconsumption of added sugars.

Here are some notes for each of the Call Items listed on the Bingo Cards:

- ☐ **Corn Syrup** – A liquid sweetener made from cornstarch that is commonly used in processed foods. It adds extra sugar to baked goods, sodas, and even some canned vegetables.
- ☐ **Ketchup** – A surprising source of added sugar! Many brands contain **high fructose corn syrup**, which contributes to excessive sugar intake. Look for low-sugar or no-added-sugar options.
- ☐ **Peanut Butter** – Some peanut butter brands sneak in added sugar for flavor. Choose **natural peanut butter** with just peanuts and salt to avoid unnecessary sugar.
- ☐ **Natural Sugar** – Found in **fruits, vegetables, and dairy**, these sugars come with fiber and nutrients, making them healthier than **added sugars** found in processed foods.
- ☐ **Maple Syrup** – While natural, it is still a concentrated sugar source. **Use in moderation** and watch out for **fake maple syrups**, which often contain high-fructose corn syrup.
- ☐ **Honey** – A natural sweetener, but still sugar! While it has some antioxidants, it affects blood sugar levels **just like white sugar**.
- ☐ **Fructose** – A natural sugar found in fruit, but when isolated (like in **high-fructose corn syrup**), it can contribute to health issues like obesity and diabetes.
- ☐ **Canned Foods** – Some canned fruits and vegetables are packed in **syrups** or have added sugar. Look for labels that say "**No Added Sugar**" or "**Packed in Water**."
- ☐ **Frozen Foods & Juice** – Many frozen meals and fruit juices contain hidden sugars. Even **100% fruit juice** lacks fiber and can spike blood sugar quickly.
- ☐ **Breakfast Cereals** – A major source of hidden sugar! Some cereals marketed as "healthy" contain as much sugar as **candy bars**. Check labels and choose cereals with **low sugar and high fiber**.
- ☐ **Applesauce** – Many brands add sugar to enhance flavor. **Choose "unsweetened" applesauce** to enjoy the natural sweetness of apples without extra sugar.

To become more sugar-aware, visit:

NOURISH Step: <https://gwaar.org/nourishstep>. Check out the "Sugar & Sodium Awareness" section.

MyPlate.Gov: <https://www.myplate.gov/tip-sheet/cut-back-added-sugars>

Gut Health & Older Adults Bingo Cards

Nutrition Tips- Gut Health: Overview to review before the game begins.

- **Eat More Fiber** – A diet rich in **fiber** from **whole grains, fruits, vegetables, beans, and nuts** supports digestion and prevents constipation, a common issue in older adults.
- **Stay Hydrated** – Drinking **plenty of water** helps fiber work effectively, keeping digestion smooth and preventing bloating.
- **Incorporate Probiotics** – **Yogurt, kefir, sauerkraut, kimchi, and pickles** contain probiotics that promote a healthy balance of gut bacteria.
- **Feed Your Gut with Prebiotics** – Foods like **garlic, onions, bananas, and asparagus** contain prebiotic fiber, which helps nourish beneficial gut bacteria.
- **Limit Processed Foods** – Ultra-processed foods and artificial sweeteners can disrupt gut bacteria and lead to **digestive discomfort and inflammation**.
- **Include Fermented Foods** – **Miso, tempeh, and fermented vegetables** naturally support gut health by introducing healthy bacteria.
- **Eat Mindfully** – Chew food thoroughly and **eat slowly** to aid digestion and reduce bloating.
- **Manage Stress** – **Chronic stress can negatively impact gut health**. Activities like **yoga, meditation, and deep breathing** can help improve digestion.
- **Exercise Regularly** – Movement, such as **walking, stretching, or light yoga**, promotes regular bowel movements and reduces bloating.
- **Limit Alcohol and Caffeine** – Too much **alcohol or caffeine** can irritate the gut lining and disrupt digestion, leading to discomfort.
- **Monitor Dairy Intake** – Some older adults develop **lactose intolerance**; if dairy causes bloating, opt for **lactose-free or plant-based alternatives**.
- **Consume Healthy Fats** – **Avocados, olive oil, nuts, and fatty fish** support gut lining integrity and reduce inflammation.

Here are some notes for each of the Call Items listed on the Bingo Cards:

- ☐ **Brown Rice** – A whole grain rich in **fiber**, which supports digestion and promotes a healthy gut microbiome by feeding good bacteria.
- ☐ **Fruits** – Contain **prebiotic fibers** and antioxidants that support gut bacteria. Some, like bananas and apples, have pectin, which helps digestion.

- ❑ **Whole Grains** – High in **fiber**. Whole grains like oats and quinoa help maintain gut health and support bowel regularity.
- ❑ **Regulate Appetite** – A healthy gut helps control appetite by influencing hunger hormones like **ghrelin and leptin**, reducing overeating.
- ❑ **Garlic** – Acts as a **natural prebiotic**, feeding beneficial gut bacteria and helping reduce harmful microbes in the digestive system.
- ❑ **Beans & Lentils** – Packed with **fiber and protein**, they promote regular digestion and fuel beneficial gut bacteria. They also help control blood sugar levels.
- ❑ **Meditation** – Helps **reduce stress**, which can improve gut health. Stress and anxiety are linked to digestive issues like bloating and inflammation.
- ❑ **Berries** – High in **antioxidants and fiber**, berries like blueberries and raspberries support gut bacteria and reduce inflammation.
- ❑ **Onion** – A great **prebiotic food**, onions help feed good gut bacteria and support digestion. They also contain compounds that reduce gut inflammation.
- ❑ **Yogurt** – A top source of **probiotics**, or beneficial bacteria, which aid digestion and help maintain a balanced gut microbiome.
- ❑ **Broccoli** – Contains **fiber and sulforaphane**, a compound that supports gut lining health and may reduce inflammation in the digestive tract.
- ❑ **Oats** – A great source of **soluble fiber (beta-glucan)**, which supports digestion, lowers cholesterol, and feeds gut bacteria.
- ❑ **Yoga** – Certain yoga poses help with **digestion, reduce bloating, and improve gut motility**, making it a great activity for gut health.
- ❑ **Probiotics** – Live bacteria that help balance gut flora. Found in **fermented foods like yogurt, kimchi, and sauerkraut** or as supplements.
- ❑ **Exercise** – Regular movement supports **gut motility**, reduces constipation, and can improve the balance of gut bacteria.
- ❑ **Fiber Foods** – Essential for gut health! Fiber-rich foods like **fruits, vegetables, and whole grains** promote digestion and a healthy microbiome.
- ❑ **Avocado** – A great source of **fiber and healthy fats**, which support digestion and help reduce gut inflammation.
- ❑ **Pickle** – Fermented pickles (not the vinegar-based kind) contain **probiotics**, which help balance gut bacteria and support digestion. They are made by preserving cucumbers (or other vegetables) in a salty brine, allowing beneficial bacteria to ferment the food and produce lactic acid, resulting in a tangy, probiotic-rich pickle.

- ❑ **Black Beans** – High in **fiber**. Black beans help with digestion and promote healthy gut bacteria growth.
- ❑ **Asparagus** – A natural **prebiotic**, asparagus helps feed gut-friendly bacteria and supports overall digestive health.
- ❑ **Brain** – The **gut-brain connection** means that gut health influences mood, memory, and overall brain function. A healthy gut can improve mental clarity.
- ❑ **Vegetables** – Rich in **fiber, vitamins, and antioxidants**, vegetables help digestion and nourish the gut microbiome.
- ❑ **Gut Health** – A healthy gut contributes to **better digestion, stronger immunity, reduced inflammation, and even improved mood** through the gut-brain axis.

To learn more visit:

National Institute for Health (NIH) Probiotics

<https://ods.od.nih.gov/factsheets/Probiotics-Consumer/>

International Scientific Association for Probiotics and Prebiotics (ISAPP)

<https://isappscience.org/for-consumers/learn/prebiotics/>

Magnesium and Older Adults Bingo Cards

Nutrition Tips: Magnesium: Overview to review before the game begins.

- **Why Magnesium Matters** – Magnesium is essential for **muscle function, heart health, bone strength, nerve function, and converting food into energy**. Older adults are at higher risk of deficiency due to lower absorption and medication interactions.
- **Supports Bone Health** – Magnesium works with **calcium and vitamin D** to maintain **strong bones and prevent osteoporosis**, reducing the risk of fractures.
- **Regulates Blood Sugar** – Helps **control blood sugar levels** and may reduce the risk of **type 2 diabetes** by improving insulin function.
- **Promotes Heart Health** – Magnesium helps maintain a **steady heartbeat and normal blood pressure**, reducing the risk of **hypertension and heart disease**.
- **Boosts Mood and Mental Health** – Magnesium plays a role in **brain function and mood regulation**, helping reduce symptoms of **anxiety, depression, and stress**.
- **Supports Muscle Function** – Helps prevent **muscle cramps, spasms, and weakness**, which are common in older adults with low magnesium levels.
- **Top Magnesium-Rich Foods:**
 - **Leafy Greens** – Spinach, kale, and bok choy
 - **Nuts & Seeds** – Almonds, cashews, chia seeds, flaxseeds
 - **Whole Grains** – Bran flakes, oatmeal, brown rice
 - **Beans & Legumes** – Kidney beans, black beans, lentils
 - **Fruits** – Bananas, figs, avocados
 - **Seafood** – Salmon, tuna
 - **Dark Chocolate** – A delicious source of magnesium when eaten in moderation
- **Aids in Sleep Quality** – Magnesium can help **relax muscles and the nervous system**, promoting better sleep and reducing insomnia.
- **Reduces Inflammation** – Helps lower **chronic inflammation**, which is linked to arthritis, heart disease, and other age-related conditions.
- **Medication Interactions** – Certain medications, such as **diuretics, proton pump inhibitors (PPIs), and some antibiotics**, can reduce magnesium absorption. Older adults should consult their doctor if concerned about deficiency.

- **Daily Magnesium Needs** – The recommended daily intake for older adults is around **320 mg for women and 420 mg for men**. Eating a balanced diet can help meet these needs naturally.
- **Supplement Wisely** – While magnesium supplements can help, too much can cause **digestive issues like diarrhea**. It's best to get magnesium from food first.

Here are some notes for each of the Call Items listed on the Bingo Cards:

- ☐ **Bok Choy** – A leafy green vegetable that provides **magnesium**, calcium, and antioxidants, all of which support bone health and muscle function.
- ☐ **Kidney Beans** – A great source of **magnesium and fiber**, helping with digestion, blood sugar control, and heart health.
- ☐ **Chia Seeds** – Packed with **magnesium, fiber, and omega-3s**, they support heart health, digestion, and brain function.
- ☐ **Controls Blood Sugar** – Magnesium helps regulate **insulin** and supports blood sugar balance, reducing the risk of type 2 diabetes.
- ☐ **Whole Grain** – Foods like brown rice and whole wheat contain **magnesium and fiber**, which aid digestion and maintain steady energy levels.
- ☐ **Lettuce** – While low in magnesium, it provides **hydration and fiber**, which can support digestion and overall well-being.
- ☐ **Fig** – A naturally sweet fruit high in **magnesium, potassium, and fiber**, which helps with digestion and bone health.
- ☐ **Bran Flakes** – A fiber-rich breakfast option that also contains **magnesium**, supporting digestive and heart health.
- ☐ **Kale** – A superfood rich in **magnesium, calcium, and antioxidants**, which promote bone strength and muscle function.
- ☐ **Magnesium** – A **crucial mineral** for muscle function, heart health, brain function, and energy production in the body.
- ☐ **Potato** – A good source of **magnesium and potassium**, which help regulate blood pressure and support muscle health.
- ☐ **Almonds** – One of the best sources of **magnesium**, along with healthy fats and protein for brain and heart health.
- ☐ **Controls Blood Pressure** – Magnesium helps relax blood vessels, lowering **high blood pressure** and reducing the risk of heart disease.
- ☐ **Muscle Movement** – Magnesium is essential for **muscle contraction and relaxation**, preventing cramps and promoting mobility.

- ❑ **Tofu** – A plant-based protein that provides **magnesium and calcium**, supporting bone health and muscle function.
- ❑ **Heart** – Magnesium helps maintain a **steady heartbeat**, prevents high blood pressure, and supports overall cardiovascular health.
- ❑ **Chocolate** – Dark chocolate is **rich in magnesium**, which helps with mood, brain function, and heart health. Look for 70% cocoa or higher.
- ❑ **Converts Food to Energy** – Magnesium plays a key role in **energy production**, helping turn carbohydrates and fats into usable fuel for the body.
- ❑ **Bananas** – A great source of **magnesium and potassium**, which support muscle function and prevent cramps.
- ❑ **Flaxseed** – High in **magnesium, fiber, and healthy fats**, helping with digestion, inflammation, and heart health. Here is a tip to add Flaxseed.
 - 🌈 Use “Flax Egg” instead of a regular egg when baking. It works well in pancakes, quick breads, brownies, muffins, cookies, and many other recipes
 - 1. 1 Tbsp flaxseed meal (ground raw flaxseed)
 - 2. 2 1/2 Tbsp water
 - 3. Instructions: Add flaxseed meal and water to a dish and stir. Let rest for 5 minutes to thicken.
- ❑ **Avocado** – Loaded with **magnesium, potassium, and healthy fats**, it supports heart health, digestion, and brain function.
- ❑ **Spinach** – One of the **best sources of magnesium**, spinach supports muscle function, nerve health, and blood pressure regulation.
- ❑ **Cashews** – A **magnesium-rich** nut that helps with energy production, heart health, and brain function.
- ❑ **Salmon** – A great source of **magnesium, omega-3s, and protein**, which support heart and brain health.
- ❑ **Fight Depression** – Magnesium plays a key role in **brain function and mood regulation**, and low levels are linked to an increased risk of depression.

To learn more visit:

National Institute for Health (NIH) Magnesium

<https://ods.od.nih.gov/factsheets/Magnesium-Consumer/>

Potassium and Older Adults Bingo Cards

Nutrition Tips: Potassium: Overview to review before the game begins.

- **Why Potassium Matters** – Potassium is an essential mineral that helps **regulate blood pressure, support muscle function, maintain heart health, and balance fluids in the body.**
- **Supports Heart Health** – Potassium helps control **blood pressure and reduces the risk of heart disease** by counteracting the effects of sodium.
- **Regulates Muscle Function** – Helps **prevent muscle cramps, weakness, and fatigue**, which are common in older adults with low potassium levels.
- **Maintains Fluid & Electrolyte Balance** – Proper potassium levels help **prevent dehydration and swelling**, especially for those taking diuretics or managing kidney health.
- **Protects Bone Health** – Potassium reduces **calcium loss**, which helps keep **bones strong** and lowers the risk of **osteoporosis**.
- **Supports Brain & Nervous System** – Adequate potassium levels support **cognitive function, nerve signaling, and may reduce the risk of strokes**.
- **Helps Prevent Kidney Stones** – A potassium-rich diet can help **reduce the risk of kidney stones** by balancing minerals in the body.
- **Top Potassium-Rich Foods:**
 - **Fruits** – Bananas, oranges, cantaloupe, prunes, apricots
 - **Vegetables** – Spinach, sweet potatoes, avocados, broccoli
 - **Dairy** – Yogurt, milk
 - **Legumes & Beans** – Edamame, beans, lentils
 - **Whole Grains** – Brown rice, whole-wheat bread
 - **Nuts & Seeds** – Almonds, sunflower seeds
- **Be Cautious with Processed Foods** – Many processed foods are high in **sodium but low in potassium**, which can **increase blood pressure and dehydration risks**.
- **Daily Potassium Needs** – Older adults should aim for **2,600 mg per day for women and 3,400 mg per day for men**, unless restricted due to kidney issues.
- **Medication Interactions** – Some medications, like **diuretics and blood pressure medications**, can **deplete or increase potassium levels**, so it's important to check with a healthcare provider.

- **Balance is Key** – Too little potassium can cause **fatigue, weakness, or irregular heart rhythms**, while too much (often due to kidney issues) can be dangerous. Maintaining balance through diet is the best approach.

Here are some notes for each of the Call Items listed on the Bingo Cards:

- ☐ **Heart** – Potassium is essential for **maintaining a healthy heartbeat** and reducing the risk of heart disease by controlling blood pressure.
- ☐ **Oranges** – A great source of **potassium and vitamin C**, which help support the immune system and heart health.
- ☐ **Spinach** – One of the **best potassium-rich leafy greens**, supporting muscle function, heart health, and blood pressure regulation.
- ☐ **Beans** – High in **potassium and fiber**, beans help with digestion, heart health, and maintaining steady blood sugar levels.
- ☐ **Bananas** – A well-known **potassium powerhouse** that helps regulate muscle contractions and prevent cramps.
- ☐ **Yogurt** – Contains **potassium, calcium, and probiotics**, which support digestion, bone health, and muscle function.
- ☐ **Edamame** – A plant-based protein rich in **potassium and fiber**, supporting heart health and digestion.
 - Edamame refers to immature soybeans harvested before they ripen. They are typically green in color and have a soft, slightly sweet flavor.
 - Edamame is a good source of protein, fiber, and vitamins and minerals such as iron, calcium, and vitamin K. They are often eaten steamed, boiled, or added to salads, soups, and stir-fries.
- ☐ **Electrolyte Balance** – Potassium is a key **electrolyte** that helps balance fluids in the body and prevent dehydration.
- ☐ **Potassium** – A **vital mineral** that helps regulate heart health, muscle function, fluid balance, and nerve signals.
- ☐ **Cantaloupe** – A hydrating fruit loaded with **potassium**, helping with fluid balance and heart function.
- ☐ **Orange Juice** – A **potassium-rich beverage**, but watch for added sugars. Fresh-squeezed or no-sugar-added options are best.
- ☐ **Avocado** – Contains more **potassium than bananas**, plus healthy fats that support heart and brain function.

- ❑ **Milk** – A good source of **potassium and calcium**, supporting strong bones and muscle function.
- ❑ **Fruits** – Many fruits, such as bananas, oranges, and melons, are **high in potassium**, helping regulate hydration and nerve function.
- ❑ **Regulates Nervous System** – Potassium plays a key role in **nerve signaling**, helping the body communicate messages between the brain and muscles.
- ❑ **Whole Grain** – Whole grains like brown rice and oats provide **potassium and fiber**, which support heart health and digestion.
- ❑ **Prune** – High in **potassium and fiber**, prunes help with digestion and prevent muscle cramps.
- ❑ **Apricot** – A small but powerful **potassium-rich** fruit that helps with hydration and electrolyte balance.
- ❑ **Sweet Potato** – A **potassium-packed superfood** that helps regulate blood pressure and supports muscle health.
- ❑ **Bones** – Potassium helps **prevent bone loss** by reducing calcium loss through urine, keeping bones strong as we age.
- ❑ **Brain** – Potassium supports **brain function** by ensuring proper nerve signaling and reducing the risk of cognitive decline.
- ❑ **Fluid Balance** – Works with sodium to maintain proper **hydration and electrolyte levels**, preventing dehydration.
- ❑ **Regulates Muscle Contractions** – Potassium is crucial for **preventing muscle cramps** and ensuring smooth muscle function.
- ❑ **Cereal** – Some whole-grain cereals contain **potassium**, especially those made with bran, oats, or whole wheat

To learn more visit:

National Institute for Health (NIH) Potassium

<https://ods.od.nih.gov/factsheets/Magnesium-Consumer/>

Nutrition and Arthritis for Older Adults Bingo Cards

Nutrition Tips: Arthritis: Overview to review before the game begins.

- **Eat More Anti-Inflammatory Foods** – Chronic inflammation worsens arthritis pain. A diet rich in **fruits, vegetables, whole grains, and healthy fats** can help **reduce joint inflammation and stiffness**.
- **Omega-3s for Joint Health** – Fatty fish like **salmon, tuna, sardines**, and plant sources like **walnuts and flaxseeds** provide **omega-3 fatty acids**, which help lower inflammation and ease arthritis symptoms.
- **Limit Processed and Junk Foods** – **Fried foods, sugary drinks, and highly processed snacks** can trigger inflammation and worsen arthritis pain.
- **Choose Whole Grains** – Brown rice, quinoa, and whole wheat products contain **fiber and antioxidants** that support joint health and reduce inflammation.
- **Vitamin C for Cartilage Support** – Citrus fruits, strawberries, bell peppers, and broccoli help **support collagen production**, keeping joints healthy and strong.
- **Add More Leafy Greens** – **Kale, spinach, and collard greens** are rich in **vitamin K**, which supports bone and joint health and may reduce the risk of osteoarthritis.
- **Consider the Mediterranean Diet** – This diet, rich in **olive oil, fish, nuts, whole grains, and vegetables**, has been shown to **reduce arthritis symptoms and promote overall health**.
- **Stay Hydrated** – Water helps **lubricate joints and flush out toxins** that can cause inflammation. Aim for **at least 8 cups per day**.
- **Use Healthy Oils** – Swap vegetable oils and margarine for **olive oil or canola oil**, which contain **healthy fats that fight inflammation**.
- **Incorporate Beans & Lentils** – These are high in **fiber, protein, and antioxidants**, which **help reduce inflammation and support muscle strength** around joints.
- **Limit Red Meat and Dairy** – Some people with arthritis may find that reducing **red meat and high-fat dairy** helps lower inflammation. Opt for **lean proteins and plant-based options**.
- **Watch Your Weight** – Excess weight puts **extra stress on joints**, especially in the **knees, hips, and lower back**. A balanced diet can help maintain a **healthy weight and reduce arthritis pain**.
- **Consider Supplements if Needed** – **Glucosamine, chondroitin, turmeric (curcumin), and vitamin D** may help support joint health, but always check with a doctor before starting any supplement.

Here are some notes for each of the Call Items listed on the Bingo Cards:

- ☐ **No Junk or Processed Food** – Processed foods often contain **added sugars, unhealthy fats, and preservatives** that can increase **inflammation and arthritis pain**.
- ☐ **Whole Grain** – Rich in **fiber and antioxidants**, whole grains help **reduce inflammation** and support joint health. Look for brown rice, quinoa, and whole-wheat options.
- ☐ **Salmon** – A top source of **omega-3 fatty acids**, which help **reduce joint inflammation** and stiffness in arthritis.
- ☐ **Broccoli** – Contains **sulforaphane**, a compound that may slow cartilage damage in arthritis and reduce inflammation.
- ☐ **Anti-Inflammatory Foods** – Foods rich in **omega-3s, fiber, and antioxidants** (like fatty fish, berries, and leafy greens) help **ease arthritis symptoms**.
- ☐ **Kale** – Packed with **vitamin K and antioxidants**, which help **reduce inflammation** and support bone health.
- ☐ **Canola Oil** – A **heart-healthy oil** that contains omega-3s, helping to **reduce inflammation** without the saturated fats found in some other oils.
- ☐ **Fish Oil Supplements** – A concentrated source of **omega-3 fatty acids**, known to **reduce joint pain and stiffness** in arthritis.
- ☐ **Vitamin C** – Supports **collagen production**, which is important for healthy cartilage and joints. Found in citrus fruits, peppers, and strawberries.
- ☐ **Blueberry** – A superfood rich in **antioxidants and vitamin C**, which help **fight inflammation** and reduce joint pain.
- ☐ **Mediterranean Diet** – A diet rich in **healthy fats, lean proteins, whole grains, and vegetables** that has been shown to **reduce arthritis inflammation**.
- ☐ **Spinach** – High in **antioxidants and vitamin K**, which help **reduce inflammation and support bone health**.
- ☐ **Fruits** – Many fruits (like berries, cherries, and oranges) are high in **antioxidants and vitamins**, helping to **fight inflammation**.
- ☐ **Cherries** – Contain **anthocyanins**, powerful antioxidants that may help **reduce arthritis-related inflammation and pain**.
- ☐ **Sardines** – High in **calcium, vitamin D, and omega-3s**, which support **bone health and joint lubrication**.
- ☐ **Tuna** – A great source of **omega-3 fatty acids**, which help **reduce joint swelling and stiffness**.

- ❑ **Omega-3 Reduce Inflammation** – Omega-3s, found in fish, walnuts, and flaxseeds, help **lower inflammatory markers** and ease arthritis symptoms.
- ❑ **Walnut** – A plant-based source of **omega-3s**, helping to **reduce joint inflammation** and improve overall joint health.
- ❑ **Soybean Oil** – Contains **omega-3 fatty acids** and vitamin E, which may help **reduce arthritis pain and improve mobility**.
- ❑ **Strawberries** – Packed with **vitamin C and antioxidants**, which help **reduce oxidative stress and inflammation** in joints.
- ❑ **Vitamin K** – Found in leafy greens like **kale and spinach**, it helps **reduce inflammation and support bone strength**.

To learn more visit:

Arthritis Foundation

<https://www.arthritis.org/health-wellness/healthy-living/nutrition/anti-inflammatory/the-ultimate-arthritis-diet>

EatRight.org

<https://www.eatright.org/health/health-conditions/arthritis-and-inflammation/can-diet-help-with-inflammation>

Nutrition and Healthy Holidays for Older Adults Bingo Cards

Nutrition & Food Safety Tips: Healthy Holidays: Overview to review before the game begins.

Healthy Holiday Eating Tips

- **Don't Skip Meals** – Skipping meals to “save up” for a big holiday meal can lead to **overeating and blood sugar imbalances**. Eat balanced meals throughout the day.
- **Start with Vegetables** – Fill at least **half your plate with vegetables** first. This helps with portion control and ensures you get **fiber, vitamins, and antioxidants**.
- **Take Small Portions** – Enjoy your favorite holiday foods, but **keep portion sizes reasonable** to prevent overeating and discomfort.
- **Eat Slowly & Mindfully** – Savor each bite and listen to **your body's hunger and fullness cues** to avoid overindulging.
- **Choose Healthy Fats** – Use **olive oil, nuts, and avocados** instead of unhealthy fats like **butter and fried foods** to help **reduce inflammation and support heart health**.
- **Limit Alcohol & Sugary Drinks** – Too much alcohol can lead to **dehydration and medication interactions**. Instead, choose **fruit-infused water, herbal tea, or a light fruit punch**.
- **Stay Hydrated** – Drinking **plenty of water** helps with digestion, prevents overeating, and supports overall health.
- **Include Protein** – Protein-rich foods like **turkey, beans, lentils, and yogurt** help keep you **full longer and support muscle health**.
- **Keep a Normal Eating Schedule** – Sticking to regular meal times **maintains energy levels and digestive health**.
- **Move After Eating** – A light walk after a meal helps with **digestion and blood sugar regulation**.

Food Safety Tips for Older Adults

- **Follow Food Safety Guidelines** – Older adults are at **higher risk of foodborne illness** due to weaker immune systems. Practice safe food handling at all times.
- **Wash Hands & Surfaces** – Always wash **hands, utensils, and cutting boards** before and after handling raw food.
- **Cook Food to Safe Temperatures** – Use a food thermometer to check:

1. **Turkey & Poultry** – 165°F
 2. **Beef, Pork, & Lamb** – 145°F (rest for 3 minutes)
 3. **Leftovers** – Reheat to 165°F
- **Properly Store Leftovers** – Refrigerate leftovers **within 2 hours** to prevent bacteria growth.
 - **Reheat Food Safely** – Avoid eating **cold leftovers**—always **reheat to 165°F** to kill bacteria.
 - **Be Careful with Perishable Foods** – Dairy, eggs, meats, and cooked vegetables **should not sit out for more than 2 hours**.
 - **Watch Out for High-Risk Foods** – **Unpasteurized dairy, undercooked eggs, raw seafood, and deli meats** can pose food safety risks. Choose safer alternatives when possible.
 - **Use a Small Plate for Indulgences** – Enjoy treats in moderation by using a **small plate** for less healthy foods.

Here are some notes for each of the Call Items listed on the Bingo Cards:

- ☐ **Limit Alcohol** – Too much alcohol can **dehydrate the body, interfere with medications, and add empty calories**. Moderation is key!
- ☐ **Follow Food Safety** – Prevent foodborne illnesses by **washing hands, cooking foods to the right temperature, and refrigerating leftovers promptly**.
- ☐ **Breakfast** – Eating a balanced breakfast with **protein, fiber, and healthy fats** can help control appetite and prevent overeating later.
- ☐ **Eat Slowly** – Eating too quickly can lead to **overeating and digestive discomfort**. Savor your food and give your body time to feel full.
- ☐ **Properly Store Leftovers** – Keep leftovers **refrigerated within two hours** to prevent food poisoning, and label them for safe consumption later.
- ☐ **Vegetables** – Fill your plate with **colorful vegetables**, which provide fiber, vitamins, and antioxidants to support digestion and overall health.
- ☐ **MyPlate.gov** – A great resource for **balanced meal planning**, encouraging proper portions of fruits, vegetables, grains, protein, and dairy.
- ☐ **Fruits** – A naturally sweet alternative to holiday desserts! Fruits are packed with **fiber and antioxidants** to support digestion and immunity.
- ☐ **Keep Normal Schedule** – Sticking to your **usual meal and sleep routine** can help **maintain energy levels and digestion** during holiday gatherings.

- ☐ **Blueberries** – A superfood rich in **antioxidants**, helping to support **brain health, digestion, and immune function** during the holiday season.
- ☐ **Vegetable** – Load up on **non-starchy vegetables** to keep meals balanced and nutritious. Options like leafy greens, carrots, and peppers are great choices.
- ☐ **Walk** – Taking a **walk after meals** can aid digestion, help regulate blood sugar, and provide a healthy way to enjoy the holiday season.
- ☐ **Don't Skip Meals** – Skipping meals can lead to **overeating later**, blood sugar crashes, and low energy. Stick to regular meals and snacks.
- ☐ **Have a Small Plate of Unhealthy Food** – It's okay to **enjoy treats in moderation!** A small portion can satisfy cravings without overindulging.
- ☐ **Water** – Staying **hydrated** helps with digestion, energy levels, and appetite control. Aim for water over sugary holiday drinks.
- ☐ **Start Plate with Vegetables** – Begin your meal with **vegetables to fill up on fiber and nutrients** before adding richer foods.
- ☐ **Oatmeal** – A warm, fiber-rich breakfast option that **keeps blood sugar stable and helps prevent holiday cravings**.
- ☐ **Fruit** – A naturally sweet way to **satisfy dessert cravings** while providing essential vitamins and fiber.
- ☐ **Take Small Portions** – Enjoy a little of everything you love by **taking small portions**, helping with portion control and digestion.
- ☐ **Don't Stand by Table When Eating** – Standing near the food table makes it **easier to mindlessly snack**. Instead, take a plate and move away to enjoy your meal.
- ☐ **Alkaline Diet** – Emphasizes **fruits, vegetables, nuts, and legumes**, which may help **reduce acid reflux and inflammation**, common concerns during holiday eating.
- ☐ **Fruits** – A great way to add **natural sweetness and fiber** to holiday meals, promoting digestion and overall wellness.
- ☐ **Fruit Punch** – A festive alternative to soda or alcohol, but **watch out for added sugars**. Opt for fruit-infused water or unsweetened versions instead.

To learn more visit:

- <https://www.foodsafety.gov/blog/food-safety-tips-holidays>
- <https://www.fda.gov/consumers/consumer-updates/food-safety-tips-healthy-holidays>
- <https://fightbac.org/>