

BINGO NUTRITION

CHOSE WHOLE
GRAIN INSTEAD
OF 'WHITE'
PRODUCT

LOOKED AT
FOOD LABELS

NO DESSERTS
TODAY

DRANK 8
GLASSES OF
WATER

LIMITED SALT
INTAKE TO
2300 MG OR
LESS

HAD A
HEALTHY
SNACK

LIMITED ADDED
SUGAR (WOMEN
<25 GRAMS /
MEN < 36
GRAMS)

ATE 5
SERVINGS OF
FRUITS AND
VEGETABLES

TRIED A NEW
RECIPE

MEASURED
PORTIONS

TRIED A NEW
RECIPE

DRANK 8
GLASSES OF
WATER



COOKED/
PREPPED
FOOD WITH
ANOTHER
PERSON

ATE 5
SERVINGS OF
FRUITS AND
VEGETABLES

MEASURED
PORTIONS

CHOSE WHOLE
GRAIN INSTEAD
OF 'WHITE'
PRODUCT

HAD A
HEALTHY
SNACK

ATE 5
SERVINGS OF
FRUITS AND
VEGETABLES

WENT
MEATLESS
TODAY

ATE 5
SERVINGS OF
FRUITS AND
VEGETABLES

LIMITED SALT
INTAKE TO
2300 MG OR
LESS

DRANK 8
GLASSES OF
WATER

LIMITED ADDED
SUGAR (WOMEN
<25 GRAMS /
MEN < 36
GRAMS)

LOOKED AT
FOOD LABELS