

B	I	N	G	O
Walking	Apples	Dizzy	Maintenance	Hunger
Daily exercise	Symptoms	Juice	Blood Sugar	Low Carbs
Signs	Water	FREE	Broccoli	Headache
Healthy	Nausea	High Blood Sugar	Exercise	Increased thirst
Excessive Urination	Candy	Low Blood Sugar	Whole foods	Diet

B	I	N	G	O
Water	Blood Sugar	Maintenance	Daily exercise	Juice
Dizzy	Whole foods	Hunger	Candy	Low Carbs
Healthy	Broccoli	FREE	Headache	Apples
Exercise	Low Blood Sugar	Walking	Diet	Nausea
High Blood Sugar	Increased thirst	Signs	Symptoms	Excessive Urination

B	I	N	G	O
Candy	Low Blood Sugar	Blood Sugar	Increased thirst	Broccoli
Walking	Healthy	High Blood Sugar	Symptoms	Hunger
Signs	Diet	FREE	Nausea	Exercise
Water	Low Carbs	Maintenance	Whole foods	Dizzy
Headache	Apples	Juice	Daily exercise	Excessive Urination