B	I	N	G	O
True	"Silent killer"	Apple	It helps break down food for nutrients and remove waste	Fiber
5 feet 4 inches	The American Heart Association	Heart Disease	150 minutes	Spinach
Vitamin C	2 and 1/2 servings	**FREE**	Breast cancer	Children
Skin cancer	Diabetes	High Blood Pressure	At least once every ten years	General Practitioner
2 days	Joints and bones	50 years old	diet and exercise	About 5 liters

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B	I	N	G	O
Vitamin C	diet and exercise	150 minutes	Diabetes	5 feet 4 inches
It helps break down food for nutrients and remove waste	Children	Apple	General Practitioner	2 and 1/2 servings
Breast cancer	"Silent killer"	**FREE**	At least once every ten years	High Blood Pressure
About 5 liters	True	50 years old	Skin cancer	2 days
Fiber	Between 60 to 100 beats per minute	Spinach	Heart Disease	The American Heart Association

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B	I	N	G	O
Skin cancer	At least once every ten years	Vitamin C	About 5 liters	It helps break down food for nutrients and remove waste
Joints and bones	Spinach	diet and exercise	Diabetes	2 and 1/2 servings
High Blood Pressure	150 minutes	**FREE**	Breast cancer	Apple
Between 60 to 100 beats per minute	Fiber	2 days	"Silent killer"	True
The American Heart Association	Heart Disease	Children	General Practitioner	50 years old

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