Diabetes Support Group BINGO

Rule of 15	15 grams	Carbohydrate Free	Neuropathy	HgbA1C
Abdomen Thighs Back Upper Arms	Renal Failure	Hyperglycemic	2 Choices	Low Fat String Cheese and 14 Grapes
Registered Dietitian	Sugar-Free Jello	**FREE**	30 minutes	Every 3 Months
>180 mg/dL	Exercises	Non-Starchy Vegetables	Fats and Protein	Overweight
Corn Potatoes and Peas	History	Cold and Clammy	80-130 mg/dL	Insulin

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Diabetes Support Group BINGO

Sugar-Free Jello	Non-Starchy Vegetables	Low Fat String Cheese and 14 Grapes	Insulin	Overweight
30 minutes	>180 mg/dL	HgbA1C	Abdomen Thighs Back Upper Arms	History
2 Choices	Drink 4 oz Juice or Regular Soda	**FREE**	15 grams	Fats and Protein
Rule of 15	80-130 mg/dL	Whole Grains	Neuropathy	Hyperglycemic
Carbohydrate Free	Every 3 Months	Exercises	Corn Potatoes and Peas	Renal Failure

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Diabetes Support Group BINGO

Abdomen Thighs Back Upper Arms	Overweight	Exercises	Neuropathy	15 grams
Sugar-Free Jello	Low Fat String Cheese and 14 Grapes	Carbohydrate Free	>180 mg/dL	History
Every 3 Months	Drink 4 oz Juice or Regular Soda	**FREE**	30 minutes	2 Choices
80-130 mg/dL	Registered Dietitian	HgbA1C	Cold and Clammy	Insulin
Renal Failure	Rule of 15	Fats and Protein	Corn Potatoes and Peas	Blood Sugar

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