

B	I	N	G	O
Vitamin D	2% Milk	1% Milk	Collard Greens	Spinach
Nutrition Label	Butter	Tofu	Saturated Fat	3 Glasses of Milk or Milk Products per day
Strong Bones and Teeth	White Beans	FREE	8 oz. glass of low-fat milk	Ice Cream
Swiss Cheese	Lentils	Strawberry Milkshake	Mozzarella Cheese	Skim Milk
Soy Milk	Frozen Yogurt	Cream Cheese	Parmesan Cheese	Cottage Cheese

B	I	N	G	O
American Cheese	Broccoli	Rice Milk	Nutrition Label	Muenster Cheese
8 oz. glass of low-fat milk	Swiss Cheese	Squeezable Yogurt	Ice Cream	Kale
Tofu	3 Glasses of Milk or Milk Products per day	FREE	White Beans	2% Milk
Saturated Fat	Spinach	Parmesan Cheese	Lentils	Calcium
Collard Greens	Skim Milk	Soy Milk	Serving Size	String Cheese

B	I	N	G	O
American Cheese	Butter	Skim Milk	Nutrition Label	Butter
Soy Milk	Parmesan Cheese	2% Milk	Ice Cream	1% Milk
Muenster Cheese	Rice Milk	FREE	Vitamin D	Broccoli
Yogurt	Whole Milk	Calcium	8 oz. glass of low-fat milk	Squeezable Yogurt
Saturated Fat	Chocolate Milk	White Beans	3 Glasses of Milk or Milk Products per day	Spinach