

B	I	N	G	O
Vitamin C	Beans	Eggs	Peas	Milk
Diabetes	Sodium	MyPlate	Carbohydrates	Orange
Protein	Vitamin D	FREE	Cheese	Grains
Iron	Popcorn	Low Sodium	Fish	Minerals
Fats	Chicken	Nuts	Water	Dietary related diseases

B	I	N	G	O
Vitamin D	Carbohydrates	Peas	Diabetes	MyPlate
Eggs	Water	Milk	Chicken	Orange
Iron	Cheese	FREE	Grains	Beans
Fish	Nuts	Vitamin C	Dietary related diseases	Popcorn
Low Sodium	Minerals	Protein	Sodium	Fats

B	I	N	G	O
Chicken	Nuts	Carbohydrates	Minerals	Cheese
Vitamin C	Iron	Low Sodium	Sodium	Milk
Protein	Dietary related diseases	FREE	Popcorn	Fish
Vitamin D	Orange	Peas	Water	Eggs
Grains	Beans	MyPlate	Diabetes	Fats