

B	I	N	G	O
Vegetables	Apple	Eggs	Potatoes	MyPlate
Corn	Tomatoes	Orange	Beans	Popcorn
Rice	Water	FREE	Cheese	Grains
Low Sodium	Protein	Milk	Fish	Nuts
Exercise	Chicken	Peas	Yogurt	Dairy

B	I	N	G	O
Water	Beans	Potatoes	Corn	Orange
Eggs	Yogurt	MyPlate	Chicken	Popcorn
Low Sodium	Cheese	FREE	Grains	Apple
Fish	Peas	Vegetables	Dairy	Protein
Milk	Nuts	Rice	Tomatoes	Exercise

B	I	N	G	O
Chicken	Peas	Beans	Nuts	Cheese
Vegetables	Low Sodium	Milk	Tomatoes	MyPlate
Rice	Dairy	FREE	Protein	Fish
Water	Popcorn	Potatoes	Yogurt	Eggs
Grains	Apple	Orange	Corn	Exercise