

Diabetes Support Group BINGO

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

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

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