

Diabetes Support Group BINGO

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

Diabetes Support Group BINGO

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

Diabetes Support Group BINGO

History	>180 mg/dL	Low Fat String Cheese and 14 Grapes	Insulin	Age
2 Choices	Whole Grains	Blood Sugar	Sugar-Free Jello	Renal Failure
Abdomen Thighs Back Upper Arms	Overweight	FREE	Exercises	Neuropathy
15 grams	80-130 mg/dL	HgbA1C	Every 3 Months	Corn Potatoes and Peas
Rule of 15	3-4 choices	Protein	30 minutes	Registered Dietitian