

Diabetes Support Group BINGO

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

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History	Fats and Protein	30 minutes	Protein	80-130 mg/dL
Non-Starchy Vegetables	Corn Potatoes and Peas	Drink 4 oz Juice or Regular Soda	Registered Dietitian	2 Choices
Sugar-Free Jello	Neuropathy	FREE	HgbA1C	Abdomen Thighs Back Upper Arms
Blood Sugar	Insulin	Overweight	>180 mg/dL	Low Fat String Cheese and 14 Grapes
15 grams	Renal Failure	Whole Grains	Age	Carbohydrate Free

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