

Diabetes Support Group BINGO

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

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

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