

B	I	N	G	O
chill pose	4-H	Diabetes	Water	Home cooked foods
Calories	airplane pose	Smoothies	Asparagus	Vegetables
Yoga Poses	saturated fats	FREE	Beets	Fast foods
Fruits	Whole wheat	Hero pose	Exercise	Nutrition Fact sheet
Down ward Dog pose	Breakfast	Sodium	sugar	Chicken wraps

B	I	N	G	O
saturated fats	Asparagus	Water	Calories	Smoothies
Diabetes	sugar	Home cooked foods	Breakfast	Vegetables
Fruits	Beets	FREE	Fast foods	4-H
Exercise	Sodium	chill pose	Chicken wraps	Whole wheat
Hero pose	Nutrition Fact sheet	Yoga Poses	airplane pose	Down ward Dog pose

B	I	N	G	O
Breakfast	Sodium	Asparagus	Nutrition Fact sheet	Beets
chill pose	Fruits	Hero pose	airplane pose	Home cooked foods
Yoga Poses	Chicken wraps	FREE	Whole wheat	Exercise
saturated fats	Vegetables	Water	sugar	Diabetes
Fast foods	4-H	Smoothies	Calories	Down ward Dog pose