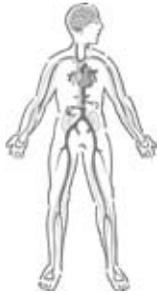
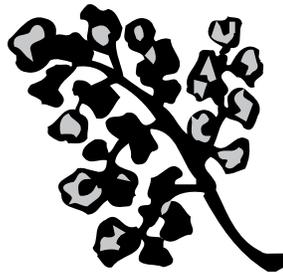


# Heart Health Bingo Card 1

## Heart Health Bingo



Warning signs of a stroke are numbness of the face, arm, or leg; confusion; trouble seeing; trouble walking; dizziness; and severe headache.



Use herbs and spices instead of salt.



Nonsmokers exposed to secondhand smoke increase their risk of developing heart disease by 25 percent to 30 percent.



Trim visible fat from meat before cooking.

♥  
**FREE  
SPACE**



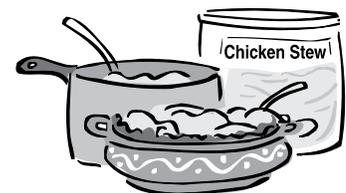
The signs of diabetes are increased thirst, hunger, and urination; fatigue; weight loss; blurred vision; and sores that don't heal.

Nutrition Facts	
Serving Size 1 oz	
Servings Per Container 7	
Amount Per Serving	
Calories 120	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%

Use the Nutrition Facts label to choose foods lower in saturated fat, *trans* fat, and cholesterol.



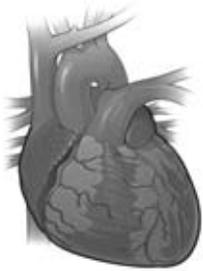
It is best to have a blood pressure reading below 120/80 millimeters of mercury (mmHg).



Cook more food than you need, and freeze part to use when you don't have a lot of time to cook.

# Heart Health Bingo Card 2

## Heart Health Bingo



High blood pressure makes your heart work harder.



Steamed rice, fruits, fish and seafood, and other favorite Filipino foods are naturally low in fat.

Nutrition Facts	
Serving Size 1 oz Servings Per Container 7	
Amount Per Serving	
Calories 120	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	15%
<b>Saturated Fat</b> 7g	35%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 6g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%

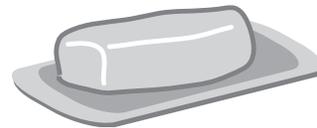
Use the Nutrition Facts label to choose foods lower in saturated fat, *trans* fat, and cholesterol.



If someone is having a heart attack or stroke, call 9-1-1 right away.



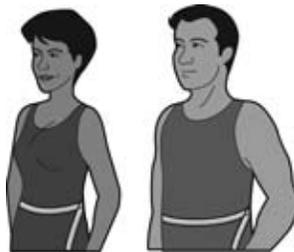
**FREE  
SPACE**



Saturated fat is found in high-fat meat, cheese, milk, and butter.



A blood pressure reading of 140/90 millimeters of mercury (mmHg) or greater is high blood pressure.



If your waist measurement is high, you are at risk for heart disease.



Pregnant women should not smoke.

# Heart Health Bingo Card 3

## Heart Health Bingo



Nonsmokers exposed to secondhand smoke increase their risk of developing heart disease by 25 percent to 30 percent.



Cook more food than you need, and freeze part to use when you don't have a lot of time to cook.



To reduce the risk of heart disease and diabetes, keep your weight healthy and be physically active.



Protect your heart. When the heart stops, life stops.

♥  
**FREE  
SPACE**



Eat less salt and sodium to help prevent high blood pressure.



To maintain or lose weight, cut down on portion size, and be more active.



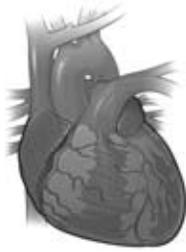
Eat more vegetables each day. Have a salad for lunch.



Prediabetes means that you are at risk for developing type 2 diabetes. Act now—lose weight if overweight, and become active.

# Heart Health Bingo Card 4

## Heart Health Bingo



Cholesterol can clog your arteries and cause a heart attack or stroke.



Eat more fruit each day. Have a banana with your cereal for breakfast.



Hypertension is another term for high blood pressure.



Smoking causes serious health problems, such as heart disease and lung cancer.

♥  
**FREE  
SPACE**

Nutrition Facts	
Serving Size 1 oz	
Servings Per Container 7	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	15%
<b>Saturated Fat</b> 7g	35%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 6g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%

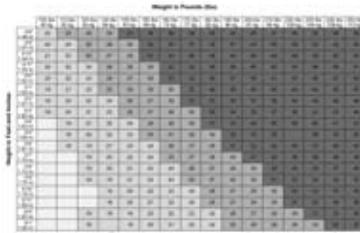
The Nutrition Facts label gives the serving size and the number of calories in a serving.



Heart attack warning signs are pain in the chest, arms, back, neck, or jaw; difficulty breathing; light-headedness; cold sweat; and feeling sick to your stomach.



A desirable LDL (“bad”) blood cholesterol level is below 100 milligrams per deciliter (mg/dL).



A BMI (body mass index) tells you if you are overweight. A BMI under 25 is a healthy weight.

# Heart Health Bingo Card 5

## Heart Health Bingo



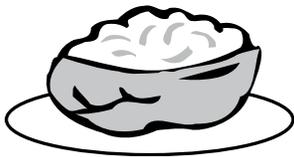
Each day, do at least 30 to 60 minutes of physical activity, and encourage your children to be active for 60 minutes.



Being overweight increases your risk of heart disease and diabetes.



Cook with vegetable oil instead of lard or coconut oil.



When eating out or at home, have baked, steamed, broiled, or grilled foods to cut down on fat and calories.

♥  
**FREE  
SPACE**



A healthy triglyceride level is below 150 milligrams per deciliter (mg/dL).



Trim visible fat from meat before cooking.



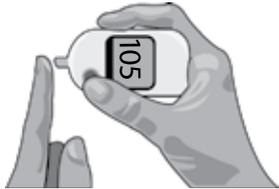
If you are prescribed blood pressure or cholesterol medication, take it as the doctor tells you.



To save food dollars, plan weekly menus. Shop with a list!

# Heart Health Bingo Card 6

## Heart Health Bingo



The signs of diabetes are increased thirst, hunger, and urination; fatigue; weight loss; blurred vision; and sores that don't heal.



Drain meat after it is cooked to get rid of some of the fat.

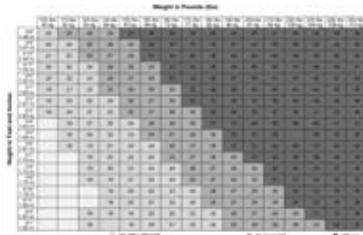


It is best to have a blood pressure reading below 120/80 millimeters of mercury (mmHg).

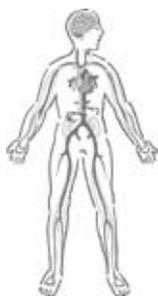


People with diabetes are at risk for heart disease or stroke.

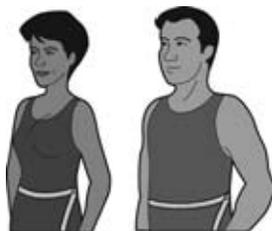
♥  
**FREE  
SPACE**



A BMI (body mass index) tells you if you are overweight. A BMI under 25 is a healthy weight.



Warning signs of a stroke are numbness of the face, arm, or leg; confusion; trouble seeing; trouble walking; dizziness; and severe headache.



If your waist measurement is high, you are at risk for heart disease.



Hypertension is another term for high blood pressure.

# Heart Health Bingo Card 7

## Heart Health Bingo



A desirable LDL (“bad”) blood cholesterol level is below 100 milligrams per deciliter (mg/dL).



Physical activity makes your heart and lungs stronger.



Hypertension is another term for high blood pressure.



Eat more vegetables each day. Have a salad for lunch.



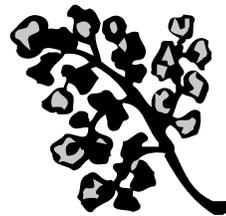
**FREE  
SPACE**



A healthy triglyceride level is below 150 milligrams per deciliter (mg/dL).



Pregnant women should not smoke.



Use herbs and spices instead of salt.



A blood pressure reading of 140/90 millimeters of mercury (mmHg) or greater is high blood pressure.

# Heart Health Bingo Card 8

## Heart Health Bingo



Steamed rice, fruits, fish and seafood, and other favorite Filipino foods are naturally low in fat.



Being overweight increases your risk of high blood pressure, high blood cholesterol, and diabetes.



Physical activity makes your heart and lungs stronger.



Smoking causes serious health problems, such as heart disease and lung cancer.



**FREE  
SPACE**



Cook with vegetable oil instead of lard or coconut oil.



A blood pressure reading of 140/90 millimeters of mercury (mmHg) or greater is high blood pressure.



To save food dollars, plan weekly menus. Shop with a list!

Nutrition Facts	
Serving Size 1 oz	
Servings Per Container 7	
Amount Per Serving	
Calories 120	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	15%
<b>Saturated Fat</b> 7g	35%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 6g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%

The Nutrition Facts label gives the serving size and the number of calories in a serving.

# Heart Health Bingo Card 9

## Heart Health Bingo



Each day, do at least 30 to 60 minutes of physical activity, and encourage your children to be active for 60 minutes.



Eat more vegetables each day. Have a salad for lunch.



Drain meat after it is cooked to get rid of some of the fat.



People with diabetes are at risk for heart disease or stroke.

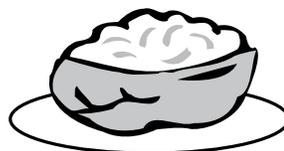
♥  
**FREE  
SPACE**



To reduce the risk of heart disease and diabetes, keep your weight healthy and be physically active.



Cholesterol can clog your arteries and cause a heart attack or stroke.



When eating out or at home, have baked, steamed, broiled, or grilled foods to cut down on fat and calories.



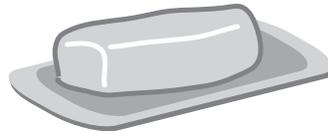
Protect your heart. When the heart stops, life stops.

# Heart Health Bingo Card 10

## Heart Health Bingo



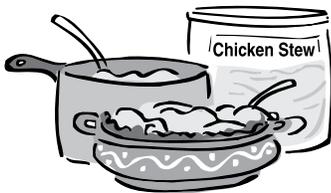
Prediabetes means that you are at risk for developing type 2 diabetes. Act now—lose weight if overweight, and become active.



Saturated fat is found in high-fat meat, cheese, milk, and butter.



Eat less salt and sodium to help prevent high blood pressure.



Cook more food than you need, and freeze part to use when you don't have a lot of time to cook.



**FREE  
SPACE**



Heart attack warning signs are pain in the chest, arms, back, neck, or jaw; difficulty breathing; light-headedness; cold sweat; and feeling sick to your stomach.



Being overweight increases your risk of heart disease and diabetes.



Nonsmokers exposed to secondhand smoke increase their risk of developing heart disease by 25 percent to 30 percent.



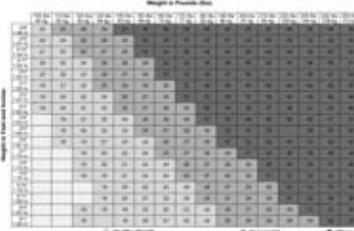
If someone is having a heart attack or stroke, call 9-1-1 right away.

# Heart Health Bingo Card 11

## Heart Health Bingo



It is best to have a blood pressure reading below 120/80 millimeters of mercury (mmHg).



A BMI (body mass index) tells you if you are overweight. A BMI under 25 is a healthy weight.



Smoking causes serious health problems, such as heart disease and lung cancer.



To save food dollars, plan weekly menus. Shop with a list!

♥  
**FREE  
SPACE**



Eat more fruit each day. Have a banana with your cereal for breakfast.



To reduce the risk of heart disease and diabetes, keep your weight healthy and be physically active.



If your waist measurement is high, you are at risk for heart disease.



To maintain or lose weight, cut down on portion size, and be more active.

# Heart Health Bingo Card 12

## Heart Health Bingo



Being overweight increases your risk for heart disease, high blood cholesterol, and diabetes.



Each day, do at least 30 to 60 minutes of physical activity, and encourage your children to be active for 60 minutes.



Physical activity makes your heart and lungs stronger.



Cholesterol can clog your arteries and cause a heart attack or stroke.



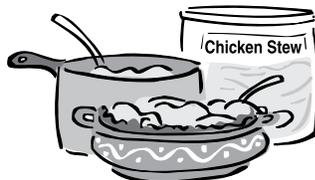
**FREE  
SPACE**



To maintain or lose weight, cut down on portion size, and be more active.



Hypertension is another term for high blood pressure.



Cook more food than you need, and freeze part to use when you don't have a lot of time to cook.



Heart attack warning signs are pain in the chest, arms, back, neck, or jaw; difficulty breathing; light-headedness; cold sweat; and feeling sick to your stomach.

# Heart Health Bingo Card 13

## Heart Health Bingo



High blood pressure makes your heart work harder.



Steamed rice, fruits, fish and seafood, and other favorite Filipino foods are naturally low in fat.

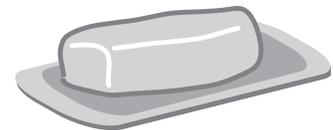
Nutrition Facts	
Serving Size 1 oz	
Servings Per Container 7	
Amount Per Serving	
Calories 120	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
<b>Saturated Fat</b> 7g	<b>35%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 6g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%

Use the Nutrition Facts label to choose foods lower in saturated fat, *trans* fat, and cholesterol.



If someone is having a heart attack or stroke, call 9-1-1 right away.

♥  
**FREE  
SPACE**



Saturated fat is found in high-fat meat, cheese, milk, and butter.



A blood pressure reading of 140/90 millimeters of mercury (mmHg) or greater is high blood pressure.



People with diabetes are at risk for heart disease or stroke.



Pregnant women should not smoke.

# Heart Health Bingo Card 14

## Heart Health Bingo



Protect your heart. When the heart stops, life stops.



If you are prescribed blood pressure or cholesterol medication, take it as the doctor tells you.



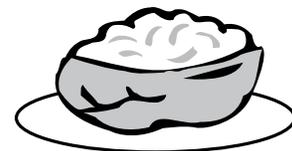
High blood pressure makes your heart work harder.



Being overweight increases your risk of high blood pressure, high blood cholesterol, and diabetes.



**FREE  
SPACE**



When eating out or at home, have baked, steamed, broiled, or grilled foods to cut down on fat and calories.



A desirable LDL ("bad") blood cholesterol level is below 100 milligrams per deciliter (mg/dL).



Nonsmokers exposed to secondhand smoke increase their risk of developing heart disease by 25 percent to 30 percent.



Prediabetes means that you are at risk for developing type 2 diabetes. Act now—lose weight if overweight, and become active.

# Heart Health Bingo Card 15

## Heart Health Bingo



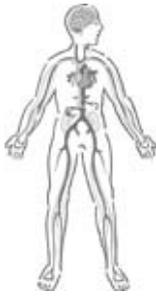
Trim visible fat from meat before cooking.



Being overweight increases your risk for heart disease and diabetes.

Nutrition Facts	
Serving Size 1 oz	
Servings Per Container 7	
Amount Per Serving	
Calories 120	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%

The Nutrition Facts label gives the serving size and the number of calories in a serving.



Warning signs of a stroke are numbness of the face, arm, or leg; confusion; trouble seeing; trouble walking; dizziness; and severe headache.

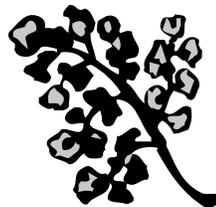
♥  
**FREE  
SPACE**



The signs of diabetes are increased thirst, hunger, and urination; fatigue; weight loss; blurred vision; and sores that don't heal.



A healthy triglyceride level is below 150 milligrams per deciliter (mg/dL).



Use herbs and spices instead of salt.



Drain meat after it is cooked to get rid of some of the fat.