

Heart Health Bingo Facts

(Photocopy, and cut on the dotted lines.)

Protect your heart. When the heart stops, life stops.	If your waist measurement is high, you are at risk for heart disease.
Physical activity makes your heart and lungs stronger.	Each day, do at least 30 to 60 minutes of physical activity and encourage your children to be active for 60 minutes.
A stroke happens when blood and oxygen can't get to the brain. The brain starts to die.	It is best to have a blood pressure reading below 120/80 millimeters of mercury (mmHg).
A blood pressure reading of 140/90 millimeters of mercury (mmHg) or greater is high.	Eat less salt and sodium to help prevent high blood pressure.
Hypertension is another term for high blood pressure.	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.
Use herbs and spices instead of salt.	If you are prescribed blood pressure or cholesterol medication, take it as the doctor tells you.
Being overweight increases your risk of heart disease and diabetes.	Being overweight increases your risk of high blood pressure and high blood cholesterol.
People with diabetes can die from heart disease or stroke.	If someone is having a heart attack or stroke, do not drive him or her. Call 9-1-1 right away.
To lose weight, cut down on portion size and be more active.	The food label gives the serving size and the number of calories in a serving.
A body mass index (BMI) tells you if you are overweight. A BMI under 25 is a healthy weight.	Eat more fruit each day. Have a banana with your cereal for breakfast.

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Eat more vegetables each day. Have a salad for lunch.	When eating out, order baked, broiled, or grilled foods to cut down on fat and calories.
To save food dollars, plan weekly menus. Shop with a list!	Try fruit and fat-free yogurt for snacks.
Smoking causes serious health problems, such as heart disease and lung cancer.	Pregnant women should not smoke.
Children of smokers are more likely to become smokers.	A desirable LDL (bad) blood cholesterol level is below 100 mg/dL.
Prediabetes means that you are on the way to developing diabetes. Act now—lose weight if overweight and become active.	Cholesterol can clog your arteries and cause a heart attack or stroke.
The signs of diabetes are increased thirst, hunger, and urination; fatigue; weight loss; blurred vision; and sores that don't heal.	Trim visible fat from meat before cooking.
Use the food label to choose foods lower in saturated fat, <i>trans</i> fat, and cholesterol.	Saturated fat is found in high-fat meat, cheese, milk, and butter.
High blood pressure makes your heart work harder.	Cook more food than you need and freeze part to use when you don't have a lot of time to cook.
Beans, rice, fruits, and vegetables are naturally low in fat.	Drain meat after it is cooked to get rid of some of the fat.
A healthy triglyceride level is less than 150 milligrams per deciliter (mg/dL).	To prevent diabetes, keep your weight down, and be physically active.