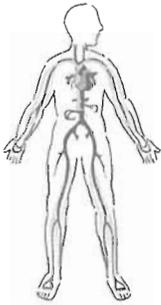


# Heart Health Bingo Card 1

## Heart Health Bingo



A stroke happens when blood and oxygen can't get to the brain. The brain starts to die.



Use herbs and spices instead of salt.

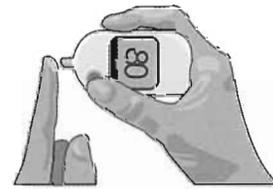


Children of smokers are more likely to become smokers.



Trim visible fat from meat before cooking.

♥  
**FREE  
SPACE**



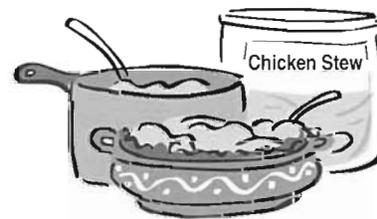
The signs of diabetes are increased thirst, hunger, and urination; fatigue; weight loss; blurred vision; and sores that don't heal.

| 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 140mg             | 8%                   |
| Total Carbohydrate 1g    | 0%                   |
| Dietary Fiber 0g         | 0%                   |
| Sugars 0g                |                      |
| Protein 6g               |                      |
| Vitamin A 3%             | Vitamin C 0%         |
| Calcium 20%              | Iron 0%              |

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



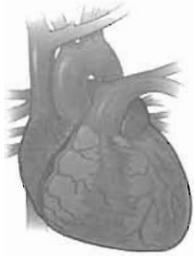
Eat more vegetables each day. Have a salad for lunch.



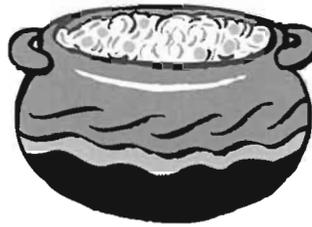
Cook more food than you need and freeze part to use when you don't have a lot of time to cook.

# Heart Health Bingo Card 2

## Heart Health Bingo



High blood pressure makes your heart work harder.



Beans, rice, fruits, and vegetables are naturally low in fat.

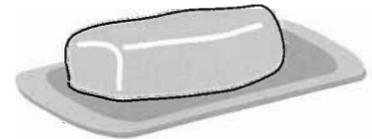
| Nutrition Facts                               |                      |
|---|----------------------|
| Serving Size 1 oz<br>Servings Per Container 7 |                      |
| Amount Per Serving                            |                      |
| Calories 120                                  | Calories from Fat 90 |
| % Daily Value*                                |                      |
| Total Fat 4g                                  | 8%                   |
| Saturated Fat 2g                              | 35%                  |
| Trans Fat 0g                                  | 0%                   |
| Cholesterol 30mg                              | 10%                  |
| Sodium 10mg                                   | 3%                   |
| Total Carbohydrate 1g                         | 0%                   |
| Dietary Fiber 0g                              | 0%                   |
| Sugars 0g                                     |                      |
| Protein 0g                                    |                      |
| Vitamin A 6%                                  | Vitamin C 0%         |
| Calcium 20%                                   | Iron 0%              |

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



If someone is having a heart attack or stroke, do not drive him or her. 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 mmHg or greater is high.



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



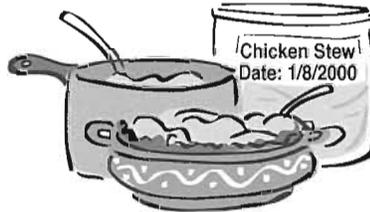
Pregnant women should not smoke.

# Heart Health Bingo Card 3

## Heart Health Bingo



Children of smokers are more likely to become smokers.



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



To prevent diabetes, keep your weight down, 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 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 on the way to developing 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       |                      |
| Calories 120             | Calories from Fat 60 |
| % Daily Value*           |                      |
| Total Fat 10g            | 15%                  |
| Saturated Fat 7g         | 35%                  |
| Trans Fat 0g             |                      |
| Cholesterol 30mg         | 10%                  |
| Sodium 187mg             | 8%                   |
| Total Carbohydrate 1g    | 0%                   |
| Dietary Fiber 0g         | 0%                   |
| Sugars 0g                |                      |
| Protein 0g               |                      |
| Vitamin A 5%             | Vitamin C 2%         |
| Calcium 20%              | Iron 5%              |

The food 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 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.



Try fruit and fat-free yogurt for snacks.



When eating out, order baked, broiled, or grilled foods to cut down on fat and calories.



**FREE  
SPACE**



A healthy triglyceride level is below 150 mg/dL.



Trim visible fat from meat before cooking.



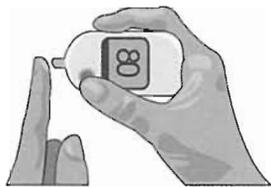
If you are prescribed blood pressure or cholesterol medication, take it as the doctor tells you.



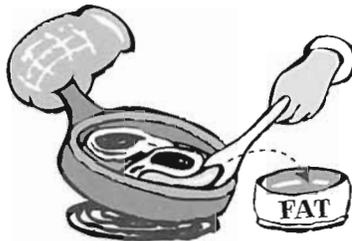
To save food dollars, plan weekly menus. Shop with a list!

# 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.



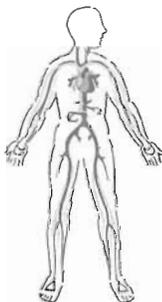
It is best to have a blood pressure reading below 120/80 mmHg.



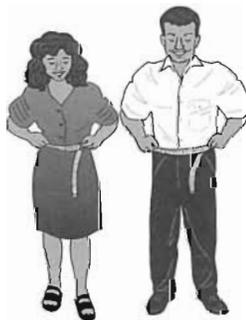
People with diabetes can die from heart disease or stroke.



Use herbs and spices instead of salt.



A stroke happens when blood and oxygen can't get to the brain. The brain starts to die.



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 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 mg/dL.



Pregnant women should not smoke.



Use herbs and spices instead of salt.



A blood pressure reading of 140/90 mmHg or greater is high.

# Heart Health Bingo Card 8

## Heart Health Bingo



Beans, rice, fruits, and vegetables are naturally low in fat.



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

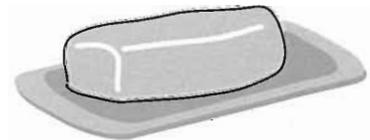


Physical activity makes your heart and lungs stronger.



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

♥  
**FREE  
SPACE**



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



A blood pressure reading of 140/90 mmHg or greater is high.



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



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

# Heart Health Bingo Card 9

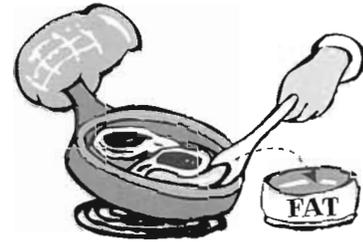
## Heart Health Bingo



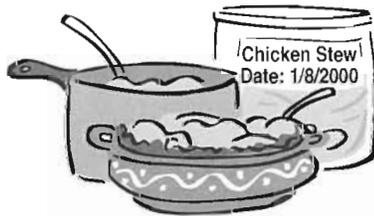
Pregnant women should not smoke.



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

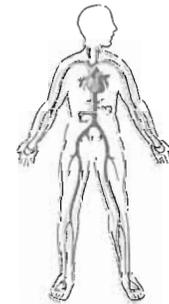


Drain meat after it is cooked to get rid of some of the fat.



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

♥  
**FREE  
SPACE**



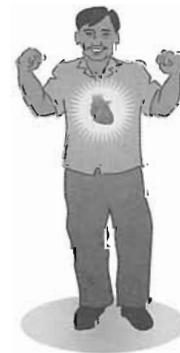
A stroke happens when blood and oxygen can't get to the brain. The brain starts to die.



If someone is having a heart attack or stroke, do not drive him or her. Call 9-1-1 right away.



When eating out, order baked, broiled, or grilled foods to cut down on fat and calories.



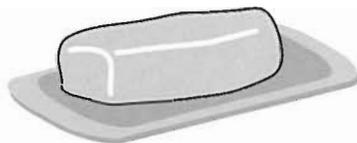
Protect your heart. When the heart stops, life stops.

# Heart Health Bingo Card 10

## Heart Health Bingo



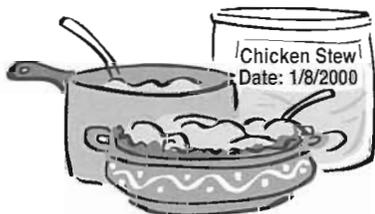
High blood pressure makes your heart work harder.



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.



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



Children of smokers are more likely to become smokers.



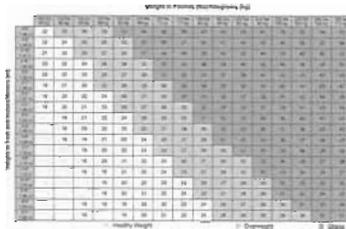
If someone is having a heart attack or stroke, do not drive him or her. Call 9-1-1 right away.

# Heart Health Bingo Card 11

## Heart Health Bingo



It is best to have a blood pressure reading below 120/80 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!



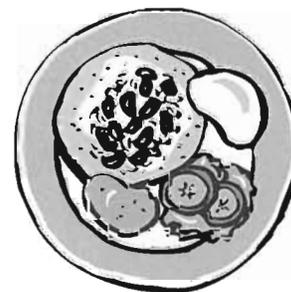
Eat more fruit each day. Have a banana with your cereal for breakfast.



To prevent diabetes, keep your weight down, and be physically active.



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



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

# Heart Health Bingo Card 12

## Heart Health Bingo



Being overweight increases your risk of heart disease and diabetes.



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



Try fruit and fat-free yogurt for snacks.



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

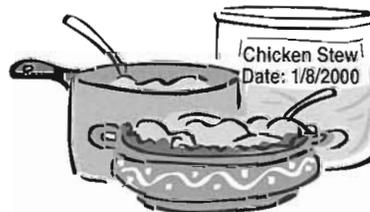
♥  
**FREE  
SPACE**



To 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.



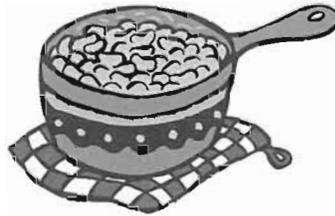
Heart attack warning signs are pain in the chest, arms, back, neck, and jaw; difficulty breathing; light-headedness; cold sweat; and feeling sick to your stomach.

# Heart Health Bingo Card 13

## Heart Health Bingo



High blood pressure makes your heart work harder.



Beans, rice, fruits, and vegetables are naturally low in fat.

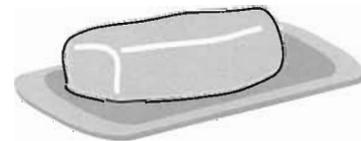
| Nutrition Facts                                |                      |
|--|----------------------|
| Serving Size 1 cup<br>Servings Per Container 7 |                      |
| Amount Per Serving                             |                      |
| Calories 120                                   | Calories from Fat 30 |
| % Daily Value*                                 |                      |
| Total Fat 10g                                  | 20%                  |
| Saturated Fat 7g                               | 14%                  |
| Trans Fat 0g                                   | 0%                   |
| Cholesterol 30mg                               | 10%                  |
| Sodium 180mg                                   | 6%                   |
| Total Carbohydrate 11g                         | 0%                   |
| Dietary Fiber 0g                               | 0%                   |
| Sugars 0g                                      |                      |
| Protein 0g                                     |                      |
| Vitamin A 0%                                   | Vitamin C 0%         |
| Calcium 0%                                     | Iron 0%              |

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



If someone is having a heart attack or stroke, do not drive him or her. Call 9-1-1 right away.

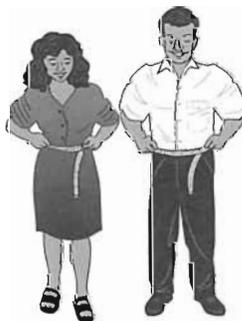
♥  
**FREE  
SPACE**



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



A blood pressure reading of 140/90 mmHg or greater is high.



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



Pregnant women should not smoke.

# Heart Health Bingo Card 14

## Heart Health Bingo



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



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 and high blood cholesterol.

♥  
**FREE  
SPACE**



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

| Nutrition Facts          |                      |
|--------------------------|----------------------|
| Serving Size 1 oz        |                      |
| Servings Per Container 7 |                      |
| Amount Per Serving       |                      |
| Calories 120             | Calories from Fat 50 |
| % Daily Value*           |                      |
| Total Fat 10g            | 15%                  |
| Saturated Fat 7g         | 35%                  |
| Trans Fat 0g             |                      |
| Cholesterol 30mg         | 10%                  |
| Sodium 160mg             | 8%                   |
| Total Carbohydrate 1g    | 0%                   |
| Dietary Fiber 0g         | 0%                   |
| Sugars 0g                |                      |
| Protein 6g               |                      |
| Vitamin A 0%             | Vitamin C 0%         |
| Calcium 0%               | Iron 0%              |

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



Children of smokers are more likely to become smokers.



Prediabetes means that you are on the way to developing diabetes. Act now—lose weight if overweight and become active.

# Heart Health Bingo Card 15

## Heart Health Bingo



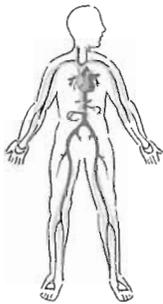
Trim visible fat from meat before cooking.



Pregnant women should not smoke.

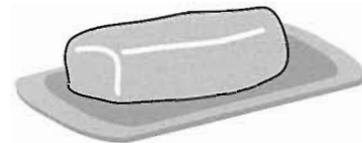
| Nutrition Facts          |                      |
|--------------------------|----------------------|
| Serving Size 1 oz        |                      |
| Servings Per Container 7 |                      |
| Amount Per Serving       |                      |
| Calories 120             | Calories from Fat 60 |
| % Daily Value*           |                      |
| Total Fat 10g            | 20%                  |
| Saturated Fat 7g         | 35%                  |
| Trans Fat 0g             |                      |
| Cholesterol 30mg         | 10%                  |
| Sodium 10mg              | 2%                   |
| Total Carbohydrate 1g    | 0%                   |
| Dietary Fiber 0g         | 0%                   |
| Sugars 0g                |                      |
| Protein 6g               |                      |
| Vitamin A 6%             | Vitamin C 2%         |
| Calcium 20%              | Iron 0%              |

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



A stroke happens when blood and oxygen can't get to the brain. The brain starts to die.

♥  
**FREE SPACE**



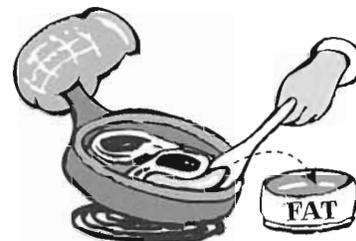
Saturated fat is found in high-fat meat, cheese, milk, and butter.



A healthy triglyceride level is below 150 mg/dL.



Use herbs and spices instead of salt.



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