































## Diabetes Bingo Game Pieces

<p><b>Be Physically Active Everyday</b></p> 	<p><b>Test Blood Sugar as Recommended by My Doctor</b></p> 	<p><b>Choose Low Sodium Foods</b></p> 	<p><b>Eat 3 Servings of Low Fat Dairy Foods Everyday</b></p> 	<p><b>Eat Lean Meats, Poultry, and Fish</b></p> 
<p><b>Take Medications as Recommended by My Doctor</b></p> 	<p><b>Check My Feet Everyday</b></p> 	<p><b>¾ Cup of Ready-to-Eat Cereal is 1 Serving</b></p> 	<p><b>Eat 3 Servings of Whole Grain Foods Daily</b></p> 	<p><b>Eat 7 to 10 Servings of Fruits and Vegetables Everyday</b></p> 
<p><b>Keep Blood Pressure Less than 130/80</b></p> 	<p><b>½ Cup of 100% Fruit Juice is 1 Serving</b></p> 	<p><b>Instead of Salt, Use Spice – It's Nice!</b></p> 	<p><b>Ask My Doctor to Check My A1c</b></p> 	<p><b>Ask My Doctor to Check My Blood Cholesterol</b></p> 
<p><b>1 Cup of 1% or Skim Milk is 1 Serving</b></p> 	<p><b>Ask My Doctor to Check My Blood Pressure</b></p> 	<p><b>1 Slice or 1 Ounce of Bread is 1 Serving</b></p> 	<p><b>Keep Blood A1c Less than 7%</b></p> 	<p><b>Eat Whole Grain Breads and Cereals</b></p> 

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<p><b>Keep LDL Cholesterol Less than 100 mg/dL</b></p> 	<p><b>1/2 Cup of Most Fruits and Vegetables is 1 Serving</b></p> 	<p><b>Don't Smoke or Use Any Tobacco</b></p> 	<p><b>1 Cup of Raw Leafy Dark Green Vegetables is 1 Serving</b></p> 	<p><b>1/4 Cup of Dried Fruit is 1 Serving</b></p> 
<p><b>1/2 Cup of Orange Vegetables Every Day</b></p> 	<p><b>Fruit for Dessert – It Can't Hurt!</b></p> 	<p><b>Ask My Doctor to Check My Eyes</b></p> 	<p><b>1/3 Cup of Rice is 1 Serving</b></p> 	<p><b>Ask My Doctor What My Blood Sugar Should Be</b></p> 
<p><b>Eat Foods High in Vitamin C, such as Oranges</b></p> 