




Mini Challenge

Nutrition BINGO

Nutrition BINGO is a fun twist on the classic party game and is designed to promote healthy habits and refresh your fridge!

B	I	N	G	O
Eat 5 Servings of Vegetables	Eat 5 Servings of Fruits	Bring Your Own Lunch to Work	Read Trend Talk: Fad Diets	Prep High Protein Snacks to Take to Work
Grocery Shop With a List	Create a Meatless Meal Using Mushrooms, Lentils or Legumes	Eat a Serving of Fish	Reduce Sodium Intake by Seasoning Food with Herbs Instead of Salt	Drink 8 Glasses of Water
Increase Fiber by Adding Beans or Lentils to Your Salad	Build a Colorful Plate	Free  Space	Make a Meal Plan for the Week	Incorporate Seasonal Produce Into Your Meal Plan
Screen-Free Mealtime	Prep a High-Protein Dessert	Eat a Handful of Nuts or Seeds	Read Nutrition Fact Labels	Focus on Whole Grain Items
Try a New Recipe	Review Tips to Increase Fruit & Vegetable Intake at Every Meal	Increase calcium & Vitamin D with Yogurt for Breakfast or Salmon for Dinner	Don't Skip Breakfast	Savor Your Food <i>Identify Tastes Like Sweet, Salty, Sour or Individual Components of the Meal</i>