

# Eat Well For Life Bingo

## GOAL

To integrate the Canada's Food Guide in an interactive bingo game, making learning about healthy eating for healthy aging interesting and fun.

### **Objectives:**

- To become familiar with Canada's Food Guide and its main food groups.
- To be able to match regular foods with their respective food groups.
- To become familiar with types and proportions of foods that promote healthy eating habits.
- To increase interest in and consumption of a variety of healthy food choices.
- To recognise important foods and practices for healthy eating habits that promote healthy aging.

### **Game contents:**

Instructions ● Canada's Food Guide ● 30 bingo player cards ● 4 colour coded Caller Cards to cut before the game (80 foods) ● Caller Master Sheet (4 colour coded Caller Cards to mark the foods called)

### **Other material needed:**

Bingo chips ● Small bag/container to mix food cards ● Prizes

\*Game adapted from "Eatwell Bingo" by Food Standards Agency Northern Ireland

# Canada's Food Guide food groups

Recommendations for adults over 50 years old

## VEGETABLES AND FRUIT

The recommended number of servings for this group is 7 vegetables and fruits a day. Eat at least one dark green vegetable and one orange vegetable each day. For healthier meals, prepare vegetables and fruits with little or no salt, fat or sugar added. Have some variety!

## GRAIN PRODUCTS

The recommended number of servings for this group is 6 for females and 7 for males, each day. Make half of those servings whole grains such as barley, oats, brown rice or whole wheat bread. Choose products with little to no salt, fat or sugar added.

## MILK AND ALTERNATIVES

The recommended number of servings for this group is 3 a day. Choose products lower in fat and with little to no sugar added. When choosing your milk products make sure they are fortified with vitamin D and are a good source of calcium.

## MEAT AND ALTERNATIVES

The recommended number of servings for this group is 2 for females and 3 for males, each day. Try to have at least 2 servings of fish each week, such as sardines, salmon or trout. Enjoy meat alternatives more often, such as beans, nut butter, tofu or eggs. For healthier meals, prepare these foods with little or no added fat and salt.

# INSTRUCTIONS

## Before the game

- Cut the 4 colour coded Caller Cards into individual foods cards.
- Mix the individuals food cards in a bowl/bag. Keep it with some bingo chips and the Caller Master Sheet.
- Distribute the player cards and bingo chips among the participants.
- Choose someone to be the Caller (person who will read the food cards).

## To start the game

- Caller welcomes participants and share with them the goal and objectives of the game.
- Caller shows Canada's Food Guide to participants and reads the information about each food group.
- Caller reads the game instructions for the players available in the right side of the player cards.

## Playing the game

- Caller picks a random food card from the bowl.
- Caller says the food group to which the card belongs (ex: card has blue letters – this food belongs to the milk and alternatives group).
- Caller reads the food fact **but not the name of the food!** The food fact must be read to the end.
- Give time for participants to guess what food is in the card.
- Reveal the name of the food to participants and mark down the food taken on the Caller Master Sheet.
- Repeat the steps above until someone has Bingo – that participant will be declared the winner.

Suggestion: to keep learning you can keep calling food cards until someone has a blackout (all foods in the card were called) – that participant would be the second winner.

## FRUITS AND VEGETABLES



Sweet Potato



Potatoes



Grapes



Spinach

## GRAIN PRODUCTS



Couscous



Quinoa



Granola



Crackers

## MILK AND ALTERNATIVES



Cheese Curds



Milk



Paneer Cheese



Smoothie

## MEAT AND ALTERNATIVES



Chicken



Egg



Burger



Tofu

# Eat Well For Life Bingo

Mark off each item as it is called out. When you have four consecutive foods marked in a row (horizontally, vertically or diagonally) call BINGO!

Your card will then be verified against the checking card and if correct, you are the winner.

Listen for the Food Facts and guess the food as you play!

**Stay Healthy, Stay On Your Feet!**

## FRUITS AND VEGETABLES



Banana



Green Beans



Broccoli



Kale

## GRAIN PRODUCTS



Whole Wheat  
Toast



Quinoa



Pasta



Wild Rice

## MILK AND ALTERNATIVES



Powdered Milk



Mozzarella  
Cheese



Smoothie



Feta  
Cheese

## MEAT AND ALTERNATIVES



Lamb



Beef



Salmon



Sardines

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## FRUITS AND VEGETABLES



Spinach



Sweet Potato



Grapes



Cabbage

## GRAIN PRODUCTS



Granola



English Muffin



Couscous



Barley

## MILK AND ALTERNATIVES



Kefir



Milk



Greek Yogurt



Frozen Yogurt

## MEAT AND ALTERNATIVES



Tuna



Hummus



Chickpeas



Kidney Beans

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## FRUITS AND VEGETABLES



Potatoes



Banana



Peas



Peach

## GRAIN PRODUCTS



Oatmeal



Whole Wheat  
Toast



Crackers



Tortilla

## MILK AND ALTERNATIVES



Cheese Curds



Evaporated  
Milk



Powdered Milk



Natural Yogurt

## MEAT AND ALTERNATIVES



Chicken



Tuna



Salmon



Nuts

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## FRUITS AND VEGETABLES



Grapes



Tomato



Sweet Potato



Carrot

## GRAIN PRODUCTS



Cream of Wheat



Couscous



Pasta



Barley

## MILK AND ALTERNATIVES



Cheese Curds



Kefir



Cheddar Cheese



Feta Cheese

## MEAT AND ALTERNATIVES



Kidney Beans



Lamb



Pickerel



Turkey

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## FRUITS AND VEGETABLES



Peas



Potatoes



Banana



Sweet Potato

## GRAIN PRODUCTS



Oatmeal



Whole Wheat  
Toast



Crackers



English Muffin

## MILK AND ALTERNATIVES



Greek Yogurt



Paneer  
Cheese



Natural Yogurt



Mozzarella  
Cheese

## MEAT AND ALTERNATIVES



Nuts



Hummus



Lentils



Baked Beans

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## FRUITS AND VEGETABLES



Cabbage



Kale



Peaches



Potatoes

## GRAIN PRODUCTS



Couscous



Bagel



Barley



Pita Bread

## MILK AND ALTERNATIVES



Soy Beverage



Custard



Evaporated Milk



Cottage Cheese

## MEAT AND ALTERNATIVES



Kidney Beans



Nuts



Chicken



Tofu

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## FRUITS AND VEGETABLES



Tomato



Potatoes



Green Beans



Banana

## GRAIN PRODUCTS



Whole Wheat  
Flour



Noodles



Pita Bread



Granola

## MILK AND ALTERNATIVES



Parmesan  
Cheese



Kefir



Cottage  
Cheese



Goat Cheese

## MEAT AND ALTERNATIVES



Tofu



Turkey



Lamb



Nuts

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## FRUITS AND VEGETABLES



Squash



Sweet Potato



Blueberries



Peppers

## GRAIN PRODUCTS



Bagel



Barley



Whole Wheat Flour



Couscous

## MILK AND ALTERNATIVES



Powdered Milk



Paneer Cheese



Goat Cheese



Smoothie

## MEAT AND ALTERNATIVES



Sardines



Salmon



Beef



Pork

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## FRUITS AND VEGETABLES



Grapes



Peppers



Peaches



Green Beans

## GRAIN PRODUCTS



Macaroni



English Muffin



Quinoa



Whole Wheat  
Toast

## MILK AND ALTERNATIVES



Milk



Cottage  
Cheese



Soy Beverage



Evaporated  
Milk

## MEAT AND ALTERNATIVES



Edamame



Beef



Nut Butter



Chicken

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## FRUITS AND VEGETABLES



Sweet Potato



Strawberries



Tomato



Squash

## GRAIN PRODUCTS



Wild Rice



Noodles



Couscous



Barley

## MILK AND ALTERNATIVES



Frozen Yogurt



Evaporated Milk



Powdered Milk



Cheese Curds

## MEAT AND ALTERNATIVES



Salmon



Burger



Chickpeas



Hummus

# Eat Well For Life Bingo

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## FRUITS AND VEGETABLES



Banana



Carrot



Broccoli

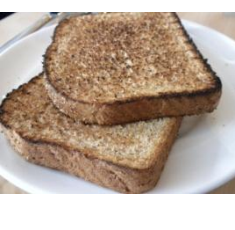


Cabbage

## GRAIN PRODUCTS



Pasta



Whole Wheat  
Toast



English Muffin



Pita Bread

## MILK AND ALTERNATIVES



Custard



Feta  
Cheese



Greek Yogurt



Cheddar Cheese

## MEAT AND ALTERNATIVES



Egg



Beef



Lentils



Chicken

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## FRUITS AND VEGETABLES



Orange



Grapes



Pear



Blueberries

## GRAIN PRODUCTS



Brown Rice



Bagel



Granola



Quinoa

## MILK AND ALTERNATIVES



Feta Cheese



Cheddar Cheese



Milk



Cottage  
Cheese

## MEAT AND ALTERNATIVES



Tofu



Turkey



Chicken



Nut Butter

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## FRUITS AND VEGETABLES



Peas



Apple



Spinach



Broccoli

## GRAIN PRODUCTS



English Muffin



Tortilla



Oatmeal



Noodles

## MILK AND ALTERNATIVES



Natural Yogurt



Greek Yogurt



Parmesan  
Cheese



Smoothie

## MEAT AND ALTERNATIVES



Turkey



Beef



Tuna



Lamb

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## FRUITS AND VEGETABLES



Strawberries



Orange



Potatoes



Green Beans

## GRAIN PRODUCTS



Bran Cereals



Quinoa



Pasta



Barley

## MILK AND ALTERNATIVES



Powdered Milk



Rice Pudding



Feta Cheese



Milk

## MEAT AND ALTERNATIVES



Tofu



Egg



Lamb



Kidney Beans

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## FRUITS AND VEGETABLES



Kale



Apple



Peppers



Carrot

## GRAIN PRODUCTS



Popcorn



Crackers



Quinoa



Pasta

## MILK AND ALTERNATIVES



Powdered Milk



Goat Cheese



Mozzarella Cheese



Soy Beverage

## MEAT AND ALTERNATIVES



Tuna



Burger



Edamame



Pickerel

# Eat Well For Life Bingo

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## FRUITS AND VEGETABLES



Pear



Strawberries



Orange



Green Beans

## GRAIN PRODUCTS



Bran Cereals



Tortilla



Wild Rice



English Muffin

## MILK AND ALTERNATIVES



Paneer Cheese



Other non-dairy  
Beverages



Milk



Goat Cheese

## MEAT AND ALTERNATIVES



Sardines



Tuna



Nuts



Pickerel

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## FRUITS AND VEGETABLES



Peaches



Peas



Squash



Spinach

## GRAIN PRODUCTS



Oatmeal



Popcorn



Cream of Wheat



Wild Rice

## MILK AND ALTERNATIVES



Powdered Milk



Parmesan  
Cheese



Evaporated  
Milk



Goat Cheese

## MEAT AND ALTERNATIVES



Tuna



Egg



Chickpeas



Hummus

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## FRUITS AND VEGETABLES



Peaches



Carrot



Apple



Squash

## GRAIN PRODUCTS



Brown rice



Bran Cereals



Tortilla



Crackers

## MILK AND ALTERNATIVES



Kefir



Custard



Smoothie



Rice Pudding

## MEAT AND ALTERNATIVES



Burger



Egg



Kidney Beans



Salmon

# Eat Well For Life Bingo

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## FRUITS AND VEGETABLES



Strawberries



Tomato



Banana



Orange

# Eat Well For Life Bingo

## GRAIN PRODUCTS



Quinoa



Brown Rice



Popcorn



Bagel

Mark off each item as it is called out. When you have four consecutive foods marked in a row (horizontally, vertically or diagonally) call BINGO!

## MILK AND ALTERNATIVES



Kefir



Parmesan Cheese



Greek Yogurt



Paneer Cheese

Your card will then be verified against the checking card and if correct, you are the winner.

## MEAT AND ALTERNATIVES



Chickpeas



Egg



Nuts



Nut Butter

Listen for the Food Facts and guess the food as you play!

**Stay Healthy, Stay On Your Feet!**



## FRUITS AND VEGETABLES



Cabbage



Grapes



Peas



Tomato

## GRAIN PRODUCTS



Brown Rice



Bagel



Bran Cereals



Barley

## MILK AND ALTERNATIVES



Kefir



Natural Yogurt



Cottage Cheese



Parmesan Cheese

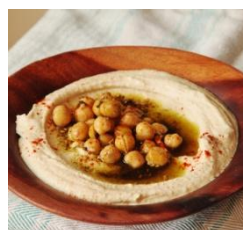
## MEAT AND ALTERNATIVES



Chicken



Lentils



Hummus



Turkey

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## FRUITS AND VEGETABLES



Blueberries



Pear



Broccoli



Orange

## GRAIN PRODUCTS



Whole Wheat  
Flour



Cream of Wheat



Popcorn



Brown Rice

## MILK AND ALTERNATIVES



Goat Cheese



Cheddar  
Cheese



Feta Cheese



Natural Yogurt

## MEAT AND ALTERNATIVES



Tofu



Lamb



Salmon



Sardines

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**Stay Healthy, Stay On Your Feet!**



## FRUITS AND VEGETABLES



Squash



Blueberries



Green Beans



Apple

## GRAIN PRODUCTS



Couscous



Oatmeal



Bran Cereals



Bagel

## MILK AND ALTERNATIVES



Frozen Yogurt



Evaporated  
Milk



Cheese Curds



Cheddar  
Cheese

## MEAT AND ALTERNATIVES



Beef



Chickpeas



Sardines



Burger

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## FRUITS AND VEGETABLES



Blueberries



Kale



Pear



Strawberries

## GRAIN PRODUCTS



Pita Bread



Whole Wheat  
Flour



English Muffin



Oatmeal

## MILK AND ALTERNATIVES



Natural Yogurt



Other non-dairy  
Beverages



Parmesan  
Cheese



Milk

## MEAT AND ALTERNATIVES



Pork



Tofu



Lentils



Salmon

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## FRUITS AND VEGETABLES



Peppers



Cabbage



Pear



Squash

## GRAIN PRODUCTS



Bagel



Wild Rice



Pita Bread



Whole Wheat  
Toast

## MILK AND ALTERNATIVES



Greek Yogurt



Natural Yogurt



Soy Beverage



Powdered Milk

## MEAT AND ALTERNATIVES



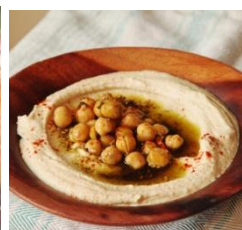
Salmon



Burger



Turkey



Hummus

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## FRUITS AND VEGETABLES



Spinach



Blueberries



Potatoes



Peppers

## GRAIN PRODUCTS



Popcorn



Whole Wheat  
Flour



Crackers



Whole Wheat  
Toast

## MILK AND ALTERNATIVES



Smoothie



Cottage  
Cheese



Rice Pudding



Milk

## MEAT AND ALTERNATIVES



Kidney Beans



Nut Butter



Edamame



Egg

# Eat Well For Life Bingo

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## FRUITS AND VEGETABLES



Grapes



Green Beans



Spinach



Pear

## GRAIN PRODUCTS



Wild Rice



Bran Cereals



Cream of Wheat



Granola

## MILK AND ALTERNATIVES



Frozen Yogurt



Powdered Milk



Evaporated  
Milk



Other non-dairy  
Beverages

## MEAT AND ALTERNATIVES



Salmon



Lentils



Beef



Sardines

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## FRUITS AND VEGETABLES



Peas



Potatoes



Strawberries



Apple

## GRAIN PRODUCTS



Whole Wheat  
Flour



Popcorn



Couscous



Macaroni

## MILK AND ALTERNATIVES



Smoothie



Parmesan



Rice Pudding



Soy Beverage

## MEAT AND ALTERNATIVES



Turkey



Chickpeas



Nut Butter



Lamb

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## FRUITS AND VEGETABLES



Squash



Peaches



Sweet Potato



Cabbage

## GRAIN PRODUCTS



Quinoa



Pasta



Brown Rice



Pita Bread

## MILK AND ALTERNATIVES



Milk



Evaporated  
Milk



Feta Cheese



Mozzarella  
Cheese

## MEAT AND ALTERNATIVES



Hummus



Tuna



Edamame



Burger

# Eat Well For Life Bingo

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## FRUITS AND VEGETABLES



Tomato



Spinach



Kale



Grapes

## GRAIN PRODUCTS



Quinoa



Crackers



Macaroni



Cream of Wheat

## MILK AND ALTERNATIVES



Powdered Milk



Goat Cheese



Paneer Cheese



Cottage Cheese

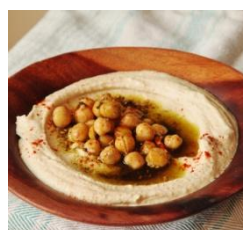
## MEAT AND ALTERNATIVES



Kidney Beans



Nuts



Hummus



Sardines

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## VEGETABLES AND FRUIT



Cut out all 20 tabs before starting game.

<b>Cabbage</b> Purple or green, big and rounded vegetable rich in fibre and vitamin C. Have it shredded in coleslaw or roll the leaves around meat!	<b>Apple</b> This fruit is rich in fibre and vitamin C. Eat it raw, baked with cinnamon or add to your baked goods! One a day keeps the doctor away!	<b>Kale</b> Dark leafy curly green, rich in fibre, calcium and vitamins A and C. Often used in soups. It is good for stews and salads.	<b>Spinach</b> Dark leafy green, rich in fibre, calcium and vitamins A and C. Good in salads, stir-fry or pasta sauces! Popeye's favourite food!
<b>Sweet Potato</b> An orange tuber rich in fibre and vitamin A. Use it to replace potato more often in your roasts or stews. Good for baking.	<b>Tomato</b> Fruit or vegetable? Is a red juicy staple for salads, pasta and pizza sauces. Good source of fibre, vitamins C and A.	<b>Peppers</b> In different colours and shapes, sweet or hot, this vegetable is rich in vitamin C. Eat it raw, stir-fried, stewed or grilled!	<b>Squash</b> Zucchini or butternut are just 2 types. The summer ones are mild and good to eat raw; winter ones are rich in vitamin A.
<b>Strawberries</b> Small red juicy fruit, low-calorie and rich in vitamin C. Eat them raw or use to sweeten your smoothie or yogurt!	<b>Orange</b> Juicy round fruit known for being high in vitamin C. Choose the whole fruit rather than juice more often.	<b>Carrot</b> Long orange vegetable, packed with vitamin A. Great addition to baked goods, roasts or stews.	<b>Banana</b> Soft and yellow fruit, rich in vitamin B6. Eat it raw, or add it to your smoothies or baked goods!
<b>Broccoli</b> Tree-like dark green vegetable, rich in vitamin C and fibre. Eat raw or add to your soup, stir-fry or pasta sauce!	<b>Peaches</b> Round yellow fruit, ripe in Ontario summer. Good source of vitamin C, great addition to baked goods or yogurt!	<b>Blueberries</b> Small purple fruits, grown locally, rich in vitamin C and fibre. A great addition to your baked goods, or yogurt!	<b>Potatoes</b> White tuber, usually paired with meat. Great source of potassium. Prepare them mashed or roasted for a healthy option.
<b>Green Beans</b> We call them beans, but they are a vegetable, long and green. Great sautéed with olive oil and garlic!	<b>Peas</b> Small green round vegetables; add them to your stew or have them as a side dish, seasoned with garlic!	<b>Grapes</b> Small round fruits, usually in a bunch, grown in Ontario. A handful makes a portion!	<b>Pear</b> Light green and juicy fruit, good source of vitamin C. Bartlett is the most known variety in Ontario.



# Eat Well For Life Bingo

## GRAIN PRODUCTS



Cut out all 20 tabs before starting game.

### Couscous

Small and soft pasta granules, just add boiling water to cook! Great with mixed vegetables and stews. Choose whole wheat!

### Quinoa

Tiny seeds that cook like rice, richer in protein, fibre and iron. Great as a side dish, in salads and soups.

### Granola

Baked oats, nuts, and dried fruit. Choose options with less sugar and fat. Good for breakfast or snack, topped with yogurt!

### Whole Wheat Toast

A great staple, rich in fibre. Pair with a protein source such as canned salmon or peanut butter for a sandwich!

### Pasta

In different shapes, cooks in boiling water. Choose whole wheat, mix with veggies and top with cheese for a tasty meal!

### Tortilla

Good alternative to bread to make a delicious sandwich. Tip: put some baked beans and veggies in it make a great burrito!

### Barley

Used in soups and stews, also good for salads or casseroles. High in fibre, great alternative to rice or pasta.

### Crackers

Good snack option, topped with cheese along with grapes. Choose whole grain and sodium-reduced options.

### Oatmeal

Whole grain breakfast food, high in fibre. Make your own for less sugar and fat, cooking with milk and adding fruit!

### Cream of Wheat

Similar to oatmeal; add boiling milk and fruit to the whole wheat version for a soft and nutritious breakfast.

### Brown Rice

Great alternative to regular rice, with more fibre; it only takes a few more minutes to cook!

### Bran Cereals

A whole grain option for a cold breakfast; choose a brand with little sugar added and be mindful of the portion!

### Popcorn

Great snack, even outside the movies! For a healthy option have it plain and homemade!

### Whole Wheat Flour

A baking ingredient! This version makes nutritious baked goods higher in fibre.

### Pita Bread

Alternative to bread, originally from the Middle East. Use to dip in hummus or wrap gyros or kebabs.

### Macaroni

Type of u-shaped pasta. Choose whole-wheat and make it the main ingredient of your mac 'n' cheese!

### English Muffin

Small round breakfast bread. Choose whole wheat for more fibre and add egg or peanut butter for protein!

### Wild Rice

Alternative to regular rice, richer in fibre. A traditional food for Aboriginal people in some parts of Canada.

### Bagel

Alternative to bread, round with a hole in the middle. Choose whole wheat for more fibre on your sandwich!

### Noodles

Common in Asian dishes, can be made from wheat or rice. Good addition to your chicken soup.





# Eat Well For Life Bingo

## MILK AND ALTERNATIVES



Cut out all 20 tabs before starting game.

### **Milk**

Great daily source of calcium and vitamin D in a glass! Choose skim, 1% or 2% options, with no sugar added!

### **Paneer Cheese**

Fresh cheese from South Asia with less sodium; great in curry stew with legumes and vegetables.

### **Greek Yogurt**

Richer in protein than regular yogurt. Choose low-fat (<2%) and no sugar added versions; top with your own fruit!

### **Smoothie**

Blend of milk products and fruit, full of colour, energy and vitamins. Add some peanut butter for protein!

### **Other non-dairy beverages**

Almond milk is an example. Choose options with: little sugar added, low-fat, and fortified with calcium and vitamin D.

### **Parmesan cheese**

A hard cheese good for lactose intolerance. Top your pasta with it for an energy and flavour boost!

### **Powdered Milk**

As good as regular milk, but keeps longer and costs less! Make sure vitamin D and calcium are added!

### **Soy Beverage**

Alternative for those intolerant to milk, similar in amount of protein and vitamins. Choose fortified with vitamin D and calcium!

### **Natural Yogurt**

From the milk family, with smooth and creamy texture. Choose low-fat (<2%) and no sugar added versions!

### **Kefir**

Fermented milk drink that is probiotic like a yogurt. Choose options with little sugar added.

### **Frozen Yogurt**

A good summer yogurt option! Make your own using plain low-fat yogurt and adding your favourite fruits!

### **Rice Pudding**

A great way to incorporate milk in a dessert! Make your own to control sugar added and portion sizes!

### **Cottage Cheese**

Fresh creamy, lumpy cheese low in sodium. Choose low-fat options and have it with fruit or on your toast!

### **Cheese Curds**

Great snack option, along with whole grain crackers. You can get these cheese bites locally made!

### **Goat Cheese**

Soft white cheese with tart flavour. Add to your salad, sandwich or pizza for an extra boost of energy!

### **Cheddar Cheese**

Firm and yellow cheese, with stronger flavour as it ages. Typically used for mac'n'cheese

### **Feta Cheese**

Found in Greek cuisine, this white crumbly cheese is a perfect addition to salads or pasta dishes

### **Evaporated Milk**

A milk product in a can. Can be use to replace cream in most recipes. Choose low-fat versions.

### **Mozzarella Cheese**

White semi-soft Italian cheese, the first option to add to your pizza or grilled cheese.

### **Custard**

Creamy milk-based dessert, that can also be used as pastry cream for baked goods.



# Eat Well For Life Bingo

## MEAT AND ALTERNATIVES



Cut out all 20 tabs before starting game.

### **Kidney Beans**

Like all legumes, these dark red ones are rich in fibre, low in fat and a cheap alternative to meat! Choose low-sodium canned options.

### **Burger**

Versions that are homemade can be a healthier option. Use lean ground meats, legumes or canned fish, with little added sodium.

### **Tofu**

The “vegetarian meat”; made from soy. Great and cheap protein source that can be used in stir-fries, chilli or smoothies!

### **Nut Butter**

Peanut most common form of this spread, rich in fibre & healthy fats. Choose natural version on toast or in a smoothie!

### **Salmon**

Orange coloured fish, rich in vitamin D and healthy fats. Have it grilled or use canned for a sandwich or richer salad.

### **Nuts**

Besides protein, a good source of healthy fats and fibre. Have them raw, sprinkled on your yogurt or baked goods!

### **Hummus**

Tasty spread made from chickpeas, good source of fibre. Make your own easily with a food processor!

### **Sardines**

Small fish rich in healthy fats. Its canned version is more accessible and great with tomato sauce!

### **Chicken**

Type of poultry meat, a lean protein source. Cook it with little fat and salt added to keep it a healthy option!

### **Egg**

Often a breakfast protein, also has vitamins A, D and B12. It is cheaper than meat and easy to cook!

### **Pickarel**

One of many fish species that can be caught in Ontario lakes. Prepare it fresh on the grill or roast in the oven!

### **Lentils**

Like all legumes, these small colourful grains are rich in fibre, low in fat and a cheap alternative to meat!

### **Edamame**

Green soybeans, also rich in fibre. After boiled add them to your soup, salad or just eat them as a snack!

### **Pork**

Considered red meat but white-looking, choose its lean cuts for a healthy meal, such as the tenderloin.

### **Chickpeas**

Yellow round beans, good source of fibre. Add to your salad, curried stew or soup and boost your protein intake!

### **Baked Beans**

Usually comes canned and the English eat it at breakfast with eggs. Choose options low in sodium and fat.

### **Tuna**

Most common canned fish, easy to add to salads, sandwiches or pasta. Choose low in sodium and canned in water.

### **Lamb**

Type of red meat, from locally raised sheep. Has a different and strong flavour, seasons well with rosemary.

### **Beef**

Canadian red meat product, source of protein and vitamin B12. Lean cuts cooked with little fat are healthier choices.

### **Turkey**

Poultry meat, a lean protein source. Cook it with little fat and salt added to keep it a healthy option. Part of Thanksgiving meal!



# Caller Master Sheet

## VEGETABLES AND FRUIT

Blueberries	Apple	Kale	Spinach
Sweet Potato	Tomato	Peppers	Squash
Strawberries	Orange	Carrot	Banana
Broccoli	Peaches	Cabbage	Potatoes
Green Beans	Peas	Grapes	Pear



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# Caller Master Sheet

## GRAIN PRODUCTS

Couscous	Quinoa	Granola	Whole Wheat Toast
Pasta	Tortilla	Barley	Crackers
Oatmeal	Cream of Wheat	Brown Rice	Bran Cereals
Popcorn	Whole Wheat Flour	Pita Bread	Macaroni
English Muffin	Wild Rice	Bagel	Noodles



# Caller Master Sheet

## MILK AND ALTERNATIVES

<b>Milk</b>	<b>Paneer Cheese</b>	<b>Greek Yogurt</b>	<b>Smoothie</b>
<b>Non-dairy beverages</b>	<b>Parmesan cheese</b>	<b>Powder Milk</b>	<b>Soy Beverage</b>
<b>Natural Yogurt</b>	<b>Kefir</b>	<b>Frozen Yogurt</b>	<b>Rice Pudding</b>
<b>Cottage Cheese</b>	<b>Cheese Curds</b>	<b>Goat Cheese</b>	<b>Cheddar Cheese</b>
<b>Feta Cheese</b>	<b>Evaporated Milk</b>	<b>Mozzarella Cheese</b>	<b>Custard</b>



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# Caller Master Sheet

## MEAT AND ALTERNATIVES

<b>Kidney Beans</b>	<b>Burger</b>	<b>Tofu</b>	<b>Nut Butter</b>
<b>Salmon</b>	<b>Nuts</b>	<b>Hummus</b>	<b>Sardines</b>
<b>Chicken</b>	<b>Egg</b>	<b>Pickrel</b>	<b>Lentils</b>
<b>Edamame</b>	<b>Pork</b>	<b>Chickpeas</b>	<b>Baked Beans</b>
<b>Tuna</b>	<b>Lamb</b>	<b>Beef</b>	<b>Turkey</b>