# National Nutrition Month® Bingo

<table>
<thead>
<tr>
<th>Enjoy a meal free of technology</th>
<th>Eat from all 5 food groups today</th>
<th>Bring your lunch to work 3 days this week</th>
<th>Drink 8 glasses of water today</th>
<th>Attend or watch* the Eat Well, Live Well presentation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat a green vegetable</td>
<td>Make half your grains whole grains</td>
<td>Enjoy 2 servings of fruit today</td>
<td>Choose lean protein at meals and snacks</td>
<td>Skip the soda and other sugary beverages today</td>
</tr>
<tr>
<td>Wait 15 minutes before deciding to go back for seconds</td>
<td>Try a new food or cuisine</td>
<td>Shop the perimeter first at the grocery store</td>
<td>Eat an orange or red vegetable</td>
<td></td>
</tr>
<tr>
<td>Plan your meals and snacks for the week</td>
<td>Stick to the serving size</td>
<td>Take note of your food cues- what makes you eat?</td>
<td>Put fruits and vegetables out where you can see them</td>
<td>Create a stash of healthy snacks</td>
</tr>
<tr>
<td>Try a new recipe</td>
<td>Choose a lighter menu item when out to eat</td>
<td>Track everything you eat and drink today</td>
<td>Practice saying &quot;No, thank you&quot; to offers of unhealthy food</td>
<td>Enjoy 3 servings of vegetables today</td>
</tr>
</tbody>
</table>

Name: ____________________________  VUnetID: __________________

*Attendance for all Eat Well, Live Well programming, including the presentation, is required.
How to Play

1. Print your bingo card!

2. Complete and cross out 5 actions in a row to earn an insulated lunch bag. Complete and cross out the entire card for an entry in our grand prize drawing!

3. Be sure to write your name and VUnetID on the front!

4. Submit your bingo card using one of these options to be eligible for the grand prize drawing:
   - Scan or snap a photo of your card and email to health.plus@vumc.org
   - Drop off at any of the following locations:
     o Health Plus office (located on the first floor of the Vanderbilt Recreation and Wellness Center)
     o A Know Your Numbers event
     o Scope Out Colon Health Expo on March 27 at the CORE Nutrition table

Submission deadline: Friday, April 5

*To view the Eat Well, Live Well presentation live online or recorded, visit vanderbi.lt/nnm*