

Healthy Eating Bingo



**Eat a nutritious
breakfast**



**Choose fruit
for a snack**



**Eat a meat
free meal**



**2 servings of
veggies at
dinner**



Drink water



**Practice
mindful eating**



**Connect with
a friend**



**Log what
you eat**



Get moving

60-min self-care

You deserve some “me time”
even on busy days!



5 min
Practice
gratitude



10 min
Move
your body



40 min
Relax or
explore
a hobby



5 min
Recite
affirmations



There are over
2000 varieties of fruit,
belonging to
6 different categories.

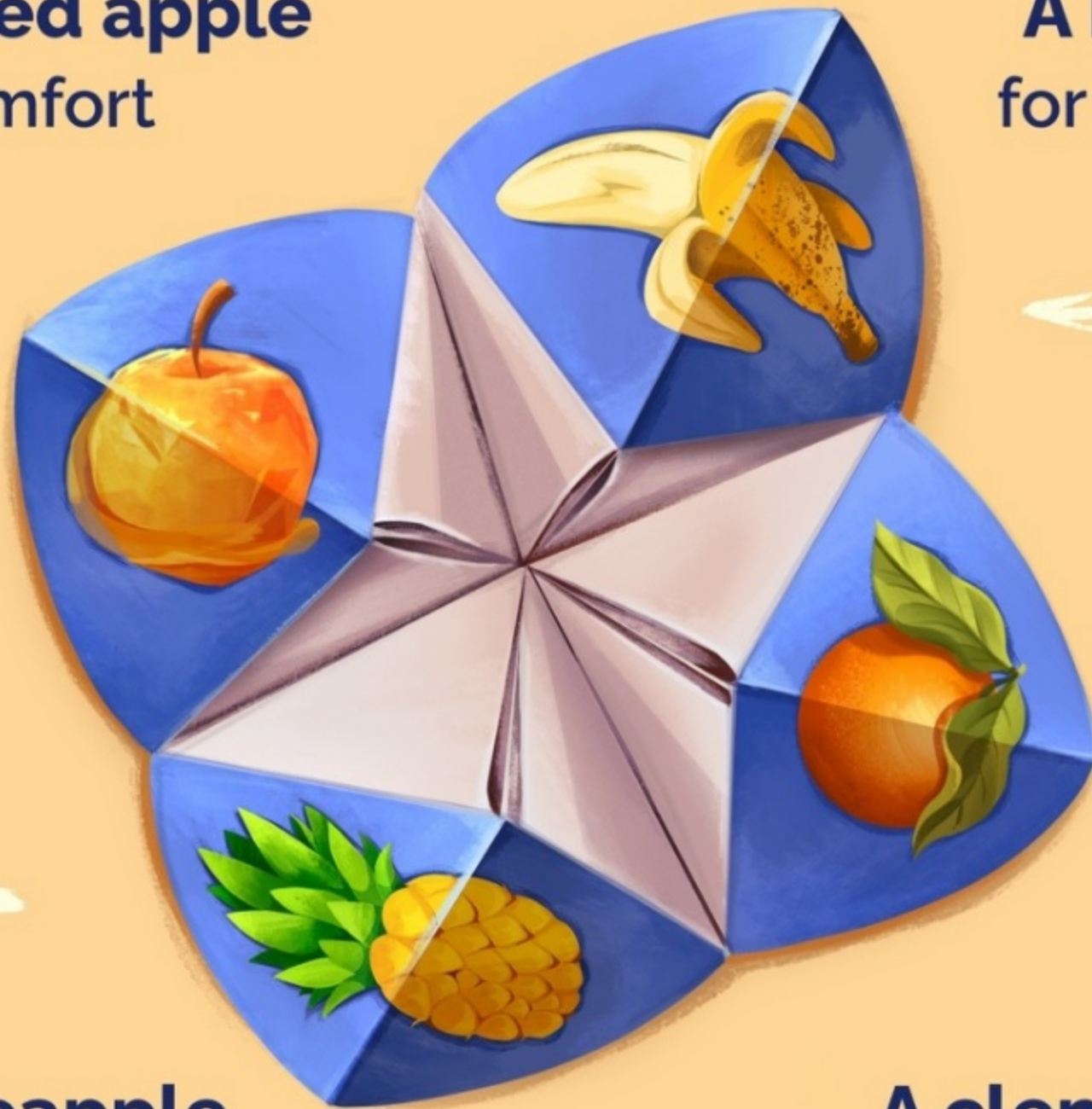


**Which are
your favorites?**

A fruit for every craving

A baked apple
for comfort

A banana
for fullness



A pineapple
for a tangy taste

A clementine
for refreshment