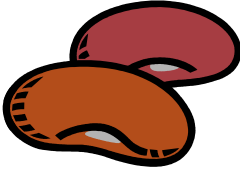
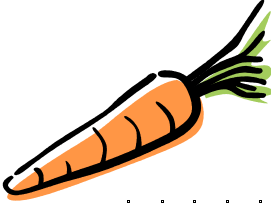

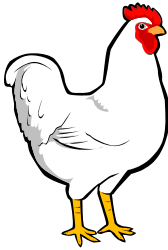

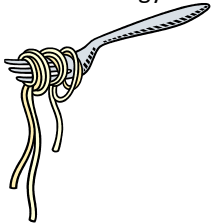
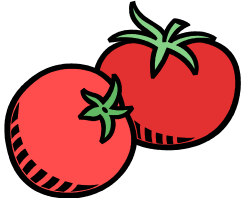

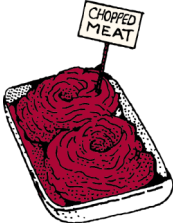
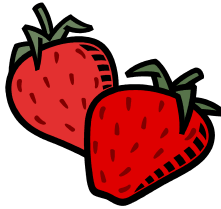
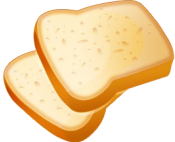












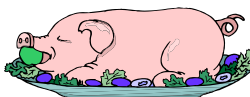







Facilitator's Guide

Diabetes Bingo

Starches	Free Vegetables	Dairy	Proteins	Fruits
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Carb aka "energy food" 	Not an energy food 	Carb aka "energy food" 	Not an energy food 	Carb aka "energy food" 
Carb aka "energy food" 	Not an energy food 	Carb aka "energy food" 	Not an energy food 	Carb aka "energy food" 
Carb aka "energy food" 	Not an energy food 	Carb aka "energy food" 	Not an energy food 	Carb aka "energy food" 
Carb aka "energy food" 	Not an energy food 	Carb aka "energy food" 	Not an energy food 	Carb aka "energy food" 
Carb aka "energy food" 	Not an energy food 	Carb aka "energy food" 	Not an energy food 	Carb aka "energy food" 
Carb aka energy food 	Not an energy food 	Carb aka energy food 	Not an energy food 	Carb aka energy food 