

# Heart Health Bingo Facts

*(Photocopy and cut on the dotted lines.)*

Protect your heart. When the heart stops, life stops.	If your waist measurement is high, you are at risk for heart disease.
Physical activity makes your heart and lungs stronger.	Each day, do at least 30 to 60 minutes of physical activity, and encourage your children to be active for 60 minutes.
Warning signs of a stroke are numbness of the face, arm, or leg; confusion; trouble seeing; trouble walking; dizziness; and severe headache.	It is best to have a blood pressure reading below 120/80 millimeters of mercury (mmHg).
A blood pressure reading of 140/90 millimeters of mercury (mmHg) or greater is high blood pressure.	Eat less salt and sodium to help prevent high blood pressure.
Hypertension is another term for high blood pressure.	Heart attack warning signs are pain in the chest, arms, back, neck, or jaw; difficulty breathing; light-headedness; cold sweat; and feeling sick to your stomach.
Use herbs and spices instead of salt.	If you are prescribed blood pressure or cholesterol medication, take it as the doctor tells you.
Being overweight increases your risk of heart disease and diabetes.	Being overweight increases your risk of high blood pressure, high blood cholesterol, and diabetes.
People with diabetes are at risk for heart disease or stroke.	If someone is having a heart attack or stroke, call 9–1–1 right away.
To maintain or lose weight, cut down on portion size and be more active.	The Nutrition Facts label gives the serving size and the number of calories in a serving.
A body mass index (BMI) tells you if you are overweight. A BMI under 25 is a healthy weight.	Eat more fruit each day. Have a banana with your cereal for breakfast.

# Heart Health Bingo Facts *(continued)*

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Eat more vegetables each day.	When eating out or at home, have baked, steamed, broiled, or grilled foods to cut down on fat and calories.
To save food dollars, plan weekly menus. Shop with a list!	Cook with vegetable oil instead of lard or coconut oil.
Smoking causes serious health problems such as heart disease and lung cancer.	Pregnant women should not smoke.
Nonsmokers exposed to secondhand smoke increase their risk of developing heart disease by 25 percent to 30 percent.	A desirable LDL (“bad”) blood cholesterol level is below 100 milligrams per deciliter (mg/dL).
Prediabetes means that you are at risk for developing type 2 diabetes. Act now—lose weight if overweight, and become active.	Cholesterol can clog your arteries and cause a heart attack or stroke.
The signs of diabetes are increased thirst, hunger, and urination; fatigue; weight loss; blurred vision; and sores that don’t heal.	Trim visible fat from meat before cooking.
Use the Nutrition Facts label to choose foods lower in saturated fat, <i>trans</i> fat, and cholesterol.	Saturated fat is found in high-fat meat, cheese, milk, and butter.
High blood pressure makes your heart work harder.	Cook more food than you need, and freeze part to use when you don’t have a lot of time to cook.
Steamed rice, fruits, fish and seafood, and other favorite Filipino foods are naturally low in fat.	Drain meat after it is cooked to get rid of some of the fat.
A healthy triglyceride level is less than 150 milligrams per deciliter (mg/dL).	To reduce the risk of heart disease and diabetes, keep your weight healthy and be physically active.