

Bingo claims examples - Simple version

Examples of possible claims in every Bingo category, using the simple bingo table. Some claims can be repeated in different categories. Feel free to add more based on your fantasy and preference!

Nutrient content	My pasta has 2 protein points
Nutrient content	My pasta has at least 2 fibre points
Nutrient content	My pasta has at least 3 fibre points
Nutrient content	My pasta has at least 1 calcium point
Nutrient content	My pasta has at least 1 iron point
Nutrient content	My pasta has 0 added sugars warning
Nutrient content	My pasta has at least 1 vitamin D point
Nutrient content	My pasta has at least 1 omega 3 point

Environmental impact	My pasta has at least 1 point for plant based protein
Environmental impact	My pasta has at least 2 planet friendly points
Environmental impact	My pasta has at least 3 planet friendly points
Environmental impact	My pasta has at least 2 veggie points
Environmental impact	My pasta contains legumes (incl. tofu) or fish but no meat or sausages

Taste	My pasta has at least 2 umami points
Taste	My pasta has at least 1 umami point
Taste	My pasta has no (ultra)processed food warning points
Taste	My pasta has at least 1 herbs and spices point
Taste	My pasta has at least 2 herbs and spices points
Taste	My pasta contains spoon of rapeseed or olive oil

Health impact	My pasta has no added sugars warning
Health impact	My pasta contains wholewheat pasta
Health impact	My pasta has at least 2 fibre points
Health impact	My pasta has no (ultra)processed food warning points
Health impact	My pasta has at least one omega 3 points
Health impact	My pasta has at least 2 veggie points
Health impact	My pasta has at least 2 complex carbohydrates points

BONUS claims	Healthy bone pasta! Contains at least 1 vitamin D point & at least 2 calcium points
BONUS claims	Good old protein-switch!: at least 1 plant-based protein point + no (ultra)processed warning points
BONUS claims	For health and planet! At least 2 planet friendly points + no (ultra)processed warning points

BONUS claims	Omega-3 super-rich: fish as protein + spoon of oil
BONUS claims	Umami eco king: At least 3 umami points + at least 1 plant-based protein point
BONUS claims	Happy gut bacteria: at least 2 fibre points + at least 3 complex carbs points
BONUS claims	Heart lover: at least 2 omega 3 points + no saturated fat warning

BONUS claims: point can be added to any category (of your choice)