

Bingo claims examples

Examples of possible claims for every Bingo category. Some claims can be repeated in different categories. Feel free to add more based on your fantasy and preference!

Nutrient content	My pasta has at least 30grams of protein
Nutrient content	My pasta has at least 10 grams of fiber
Nutrient content	My pasta has at least 60mg of calcium
Nutrient content	My pasta has at least 5 mg of iron
Nutrient content	My pasta has 0 added sugars
Nutrient content	My pasta contains at least 2 ug of vitamin D

Environmental impact	My pasta has at least 1 point for plant based protein
Environmental impact	My pasta costs the planet less than 5 kms in car!
Environmental impact	My pasta cost the planet less than 8kms in car!
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 contain no Processed food
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 contains no added sugars
Health impact	My pasta contains wholewheat pasta
Health impact	My pasta contains at least 10 grams of fiber
Health impact	My pasta contains no processed food
Health impact	My pasta contains at least one good source of omega 3
Health impact	My pasta contains at least two good source of omega 3

BONUS claims	Healthy bone pasta! Contains at least 2 ug of vitamin D & at least 60mg of calcium (provides 2 BINGO POINTS)
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BONUS claims	Good old protein-swithc!: at least1 plant-based protein point + no processed food
BONUS claims	For the health and planet! Less than 5kms of CO2 equivalent + no processed food
BONUS claims	Omega-3 super-rich: fish protein + spoon of oil
BONUS claims	Umami eco king: At least 3 umami points + at least 1 plant-based protein point

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