

# Pulse Bingo

NDSU EXTENSION SERVICE

County Commissions, North Dakota State University  
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| <b>B</b>                 | <b>I</b>       | <b>N</b>  | <b>G</b>              | <b>O</b>       |
|--------------------------|----------------|---|-----------------------|----------------|
| Folate                   | Dry peas       | Lentils   | Vegetable and Protein | Lysine         |
| Protein                  | Garbanzo beans | Soaking   | Coffee                | Diabetic diet  |
| Potassium and vitamin K  | All three      |  | 15 grams              | Hummus         |
| North Dakota and Montana | Fiber          | Salt  | Warts                 | Canned and dry |
| Flour                    | Nitrogen       | Heartbeat   | Drink more liquids    | Pulse crops    |

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|----------------|-------------------------|---|----------|--------------------------|
| Hummus         | Potassium and vitamin K | Folate  | Flour    | Dry peas                 |
| Coffee         | Drink more liquids      | Diabetic diet   | Nitrogen | Fiber                    |
| Lentils        | Warts                   |  | Soaking  | North Dakota and Montana |
| Protein        | Garbanzo beans          | All three   | Lysine   | Vegetable and Protein    |
| Canned and dry | Heartbeat               | Pulse crops   | Salt     | 15 grams                 |

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|--------------------------|--------------------|---|----------|-------------|
| North Dakota and Montana | Canned and dry     | Potassium and vitamin K   | Hummus   | Heartbeat   |
| Fiber                    | Flour              | Garbanzo beans  | Salt     | Protein     |
| Vegetable and Protein    | Diabetic diet      |  | Folate   | Dry peas    |
| Lysine                   | Drink more liquids | All three   | Coffee   | Nitrogen    |
| Warts                    | Lentils            | 15 grams  | Soaking  | Pulse crops |

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|--------------------------|-------------------------|---|---------------|-----------------------|
| All three                | Potassium and vitamin K | Pulse crops   | Lentils       | Drink more liquids    |
| Canned and dry           | Heartbeat               | Salt  | Soaking       | Protein               |
| North Dakota and Montana | Coffee                  |  | Nitrogen      | 15 grams              |
| Flour                    | Hummus                  | Fiber   | Diabetic diet | Vegetable and Protein |
| Folate                   | Warts                   | Garbanzo beans  | Lysine        | Dry peas              |

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|-------------------------|----------------|---|--------------------------|--------------------|
| Lentils                 | Soaking        | Canned and dry  | North Dakota and Montana | Warts              |
| Nitrogen                | Pulse crops    | 15 grams  | Vegetable and Protein    | Drink more liquids |
| Potassium and vitamin K | Hummus         |  | Salt                     | Protein            |
| Dry peas                | Garbanzo beans | All three   | Heartbeat                | Lysine             |
| Diabetic diet           | Folate         | Fiber   | Flour                    | Coffee             |

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|----------------|-------------------------|---|-----------------------|--------------------------|
| Nitrogen       | Drink more liquids      | Dry peas  | Salt                  | North Dakota and Montana |
| Soaking        | Lysine                  | Canned and dry  | Fiber                 | Folate                   |
| Garbanzo beans | Heartbeat               |  | Protein               | Warts                    |
| All three      | Diabetic diet           | Flour   | Pulse crops           | Hummus                   |
| 15 grams       | Potassium and vitamin K | Coffee  | Vegetable and Protein | Lentils                  |

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|--------------------------|----------|---|---------------|-------------------------|
| Salt                     | Warts    | Folate  | 15 grams      | Flour                   |
| Protein                  | Dry peas | Garbanzo beans  | Nitrogen      | Fiber                   |
| Drink more liquids       | Hummus   |  | Soaking       | Heartbeat               |
| North Dakota and Montana | Lysine   | Pulse crops   | Lentils       | Potassium and vitamin K |
| All three                | Coffee   | Vegetable and Protein   | Diabetic diet | Canned and dry          |

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|-----------|-----------------------|---|--------------------|--------------------------|
| All three | Vegetable and Protein | Pulse crops   | Fiber              | Lentils                  |
| Soaking   | Dry peas              | Potassium and vitamin K   | Drink more liquids | Garbanzo beans           |
| Coffee    | Warts                 |  | Diabetic diet      | Lysine                   |
| 15 grams  | Hummus                | Flour   | Protein            | North Dakota and Montana |
| Nitrogen  | Canned and dry        | Heartbeat   | Salt               | Folate                   |

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|-----------|-----------------------|---|----------------|--------------------------|
| Soaking   | Flour                 | Pulse crops   | Heartbeat      | Coffee                   |
| Lysine    | Diabetic diet         | Folate  | Salt           | Potassium and vitamin K  |
| Fiber     | Vegetable and Protein |  | Garbanzo beans | North Dakota and Montana |
| Lentils   | Drink more liquids    | Warts   | 15 grams       | Hummus                   |
| All three | Protein               | Nitrogen  | Dry peas       | Canned and dry           |

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|-----------------------|--------------------------|---|-------------------------|-----------|
| Drink more liquids    | Soaking                  | Diabetic diet   | Garbanzo beans          | Salt      |
| Lentils               | Pulse crops              | Dry peas  | Potassium and vitamin K | Hummus    |
| Vegetable and Protein | Nitrogen                 |  | Canned and dry          | Heartbeat |
| Coffee                | Folate                   | Protein   | 15 grams                | Flour     |
| All three             | North Dakota and Montana | Lysine  | Fiber                   | Warts     |

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|-----------------------|----------|---|----------------|--------------------------|
| Folate                | Coffee   | Soaking   | Canned and dry | Potassium and vitamin K  |
| Dry peas              | Fiber    | All three   | Flour          | Drink more liquids       |
| Diabetic diet         | Warts    |  | Nitrogen       | Heartbeat                |
| Vegetable and Protein | Hummus   | 15 grams  | Lysine         | North Dakota and Montana |
| Salt                  | Protein  | Pulse crops   | Lentils        | Garbanzo beans           |

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|-----------------------|-------------------------|---|--------------------|--------------------------|
| Flour                 | Lentils                 | Dry peas  | All three          | 15 grams                 |
| Vegetable and Protein | Canned and dry          | Nitrogen  | Folate             | Lysine                   |
| Hummus                | Protein                 |  | Diabetic diet      | North Dakota and Montana |
| Garbanzo beans        | Potassium and vitamin K | Fiber   | Drink more liquids | Coffee                   |
| Soaking               | Warts                   | Heartbeat   | Pulse crops        | Salt                     |

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|-----------------------|--------------------------|---|--------------------|-------------|
| Garbanzo beans        | Protein                  | Flour   | Coffee             | Fiber       |
| All three             | Diabetic diet            | Potassium and vitamin K   | Drink more liquids | Lysine      |
| Soaking               | 15 grams                 |  | Salt               | Heartbeat   |
| Vegetable and Protein | North Dakota and Montana | Canned and dry  | Nitrogen           | Pulse crops |
| Folate                | Hummus                   | Lentils   | Warts              | Dry peas    |

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|-------------------------|----------------|---|-----------------------|--------------------|
| Dry peas                | Nitrogen       | Heartbeat   | Pulse crops           | All three          |
| Fiber                   | Garbanzo beans | North Dakota and Montana  | Salt                  | Diabetic diet      |
| Folate                  | Lentils        |  | Vegetable and Protein | Drink more liquids |
| Coffee                  | Canned and dry | 15 grams  | Flour                 | Warts              |
| Potassium and vitamin K | Hummus         | Lysine  | Soaking               | Protein            |

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|-------------------------|--------------------------|---|-----------|--------------------|
| Canned and dry          | Vegetable and Protein    | Garbanzo beans  | Heartbeat | Pulse crops        |
| Coffee                  | Warts                    | Soaking   | Fiber     | Nitrogen           |
| Potassium and vitamin K | Diabetic diet            |  | Flour     | Folate             |
| Lentils                 | Lysine                   | Protein   | Hummus    | All three          |
| Salt                    | North Dakota and Montana | 15 grams  | Dry peas  | Drink more liquids |

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|-------------------------|--------------------------|---|----------|----------------|
| Vegetable and Protein   | Soaking                  | Salt  | Flour    | All three      |
| Potassium and vitamin K | Diabetic diet            | Pulse crops   | Warts    | Heartbeat      |
| Dry peas                | Hummus                   |  | Nitrogen | Lentils        |
| Canned and dry          | North Dakota and Montana | Coffee  | Fiber    | Garbanzo beans |
| Lysine                  | Protein                  | Drink more liquids  | 15 grams | Folate         |

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|-----------------------|----------------|---|-----------|-------------------------|
| Folate                | Coffee         | Drink more liquids  | Hummus    | Nitrogen                |
| Lysine                | Fiber          | 15 grams  | Lentils   | Canned and dry          |
| Vegetable and Protein | Heartbeat      |  | All three | Potassium and vitamin K |
| Warts                 | Garbanzo beans | Salt  | Dry peas  | Soaking                 |
| Pulse crops           | Flour          | North Dakota and Montana  | Protein   | Diabetic diet           |

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|--------------------------|-------------------------|---|-------------|-----------------------|
| North Dakota and Montana | Garbanzo beans          | Canned and dry  | Heartbeat   | Soaking               |
| Protein                  | Drink more liquids      | Coffee  | Folate      | Salt                  |
| Warts                    | Potassium and vitamin K |  | Pulse crops | Fiber                 |
| Diabetic diet            | Lentils                 | All three   | Lysine      | Nitrogen              |
| 15 grams                 | Dry peas                | Hummus  | Flour       | Vegetable and Protein |

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|--------------------------|-----------------------|---|-----------|----------------|
| Potassium and vitamin K  | Warts                 | Lysine  | Fiber     | Soaking        |
| North Dakota and Montana | Vegetable and Protein | Nitrogen  | Hummus    | Protein        |
| Dry peas                 | Flour                 |  | Coffee    | Salt           |
| Garbanzo beans           | Drink more liquids    | 15 grams  | Heartbeat | Pulse crops    |
| Diabetic diet            | Lentils               | Folate  | All three | Canned and dry |

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|--------------------|-------------------------|---|----------|---------------|
| Salt               | Dry peas                | Fiber   | 15 grams | Lentils       |
| Coffee             | Hummus                  | Vegetable and Protein   | Lysine   | Warts         |
| Canned and dry     | Folate                  |  | Flour    | Diabetic diet |
| Drink more liquids | All three               | North Dakota and Montana  | Nitrogen | Heartbeat     |
| Garbanzo beans     | Potassium and vitamin K | Protein   | Soaking  | Pulse crops   |

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|--------------------------|-----------------------|---|--------------------|-------------------------|
| Diabetic diet            | Garbanzo beans        | Hummus  | Drink more liquids | Coffee                  |
| Warts                    | Dry peas              | All three   | Pulse crops        | Lysine                  |
| Lentils                  | Canned and dry        |  | Nitrogen           | Flour                   |
| North Dakota and Montana | Protein               | Folate  | 15 grams           | Salt                    |
| Heartbeat                | Vegetable and Protein | Fiber   | Soaking            | Potassium and vitamin K |

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|----------------|-----------------------|---|----------|--------------------------|
| Flour          | Fiber                 | Dry peas  | Lentils  | North Dakota and Montana |
| Canned and dry | Diabetic diet         | Pulse crops   | Protein  | Garbanzo beans           |
| Salt           | Drink more liquids    |  | 15 grams | All three                |
| Folate         | Soaking               | Warts   | Coffee   | Heartbeat                |
| Lysine         | Vegetable and Protein | Potassium and vitamin K   | Nitrogen | Hummus                   |

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|--------------------------|-------------------------|---|--------------------|-----------|
| Pulse crops              | Salt                    | Flour   | Hummus             | All three |
| Diabetic diet            | Nitrogen                | Soaking   | Folate             | Coffee    |
| Protein                  | Warts                   |  | Drink more liquids | Heartbeat |
| North Dakota and Montana | Canned and dry          | Dry peas  | 15 grams           | Fiber     |
| Vegetable and Protein    | Potassium and vitamin K | Garbanzo beans  | Lysine             | Lentils   |

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|-----------|-----------------------|---|--------------------|----------------|
| Lysine    | Vegetable and Protein | Diabetic diet   | Folate             | Canned and dry |
| Warts     | Coffee                | Potassium and vitamin K   | Dry peas           | Fiber          |
| 15 grams  | Salt                  |  | Drink more liquids | Nitrogen       |
| Protein   | Hummus                | North Dakota and Montana  | Heartbeat          | Garbanzo beans |
| All three | Lentils               | Flour   | Soaking            | Pulse crops    |

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|-------------------------|----------|---|-----------------------|-----------|
| Drink more liquids      | Flour    | Pulse crops   | Nitrogen              | All three |
| Garbanzo beans          | Hummus   | Soaking   | Folate                | Heartbeat |
| Dry peas                | Protein  |  | Vegetable and Protein | Lysine    |
| Potassium and vitamin K | Lentils  | Diabetic diet   | Canned and dry        | Salt      |
| Fiber                   | Warts    | North Dakota and Montana  | Coffee                | 15 grams  |

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|-------------------------|--------------------------|---|-----------------------|--------------------|
| All three               | Dry peas                 | Pulse crops   | Fiber                 | Drink more liquids |
| 15 grams                | North Dakota and Montana | Soaking   | Folate                | Coffee             |
| Flour                   | Hummus                   |  | Vegetable and Protein | Warts              |
| Potassium and vitamin K | Diabetic diet            | Lentils   | Canned and dry        | Salt               |
| Nitrogen                | Lysine                   | Protein   | Heartbeat             | Garbanzo beans     |

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|-----------------------|-----------|---|----------------|-------------------------|
| Lysine                | 15 grams  | Coffee  | Diabetic diet  | Folate                  |
| Canned and dry        | Heartbeat | Fiber   | All three      | Hummus                  |
| Vegetable and Protein | Protein   |  | Dry peas       | Drink more liquids      |
| Salt                  | Lentils   | Nitrogen  | Garbanzo beans | Potassium and vitamin K |
| Soaking               | Warts     | North Dakota and Montana  | Pulse crops    | Flour                   |

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|-------------------------|--------------------|---|-----------------------|----------------|
| Protein                 | Salt               | Fiber   | Canned and dry        | Lentils        |
| Heartbeat               | 15 grams           | North Dakota and Montana  | Lysine                | Garbanzo beans |
| Coffee                  | Drink more liquids |  | Vegetable and Protein | Folate         |
| Potassium and vitamin K | All three          | Diabetic diet   | Nitrogen              | Flour          |
| Pulse crops             | Warts              | Soaking   | Dry peas              | Hummus         |

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|----------------|-----------|---|-------------------------|--------------------------|
| Nitrogen       | Folate    | Salt  | Drink more liquids      | North Dakota and Montana |
| Fiber          | Coffee    | Warts   | Diabetic diet           | Dry peas                 |
| Lentils        | Protein   |  | 15 grams                | Lysine                   |
| Canned and dry | Heartbeat | Flour   | Potassium and vitamin K | Pulse crops              |
| Garbanzo beans | Soaking   | All three   | Hummus                  | Vegetable and Protein    |

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|--------------------------|----------------|---|-------------------------|----------------|
| North Dakota and Montana | Nitrogen       | Fiber   | Flour                   | Warts          |
| Hummus                   | Garbanzo beans | Protein   | Folate                  | Dry peas       |
| Heartbeat                | Soaking        |  | Potassium and vitamin K | Canned and dry |
| Vegetable and Protein    | Salt           | Coffee  | Lysine                  | Lentils        |
| Pulse crops              | 15 grams       | Drink more liquids  | Diabetic diet           | All three      |