

TOP TIP

Including dried beans, peas and lentils (legumes) in your diet can help:

- Lower cholesterol
- Improve blood pressure
- Prevent some types of cancer
- Stabilise blood sugar levels
- Weight loss

It's time to make room on your plate for more legumes.



FOR FREE DIETARY ADVICE,

contact the Pick n Pay dietitian at healthhotline@pnp.co.za