

# TOP TIP

## Decrease your salt.

Use herbs, spices, citrus fruits, or vinegar instead of salt to flavour your meals (chilli is a great alternative too).

Gradually decrease the amount of salt you add to meals. If you use salt in cooking, do not add salt to your food at the table.

Be careful of hidden salt in stock cubes, gravy powder, soup powder, savoury snacks and cheese.



**FOR FREE DIETARY ADVICE,**

contact the Pick n Pay dietitian at [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za)