

## **TOP TIP**

**Do you want to eat more veggies?**

Try these tips to double your intake:

1. Blend raw veggies like spinach, broccoli, beetroot and carrots with your favourite fruit into a delicious smoothie.
2. Add frozen and canned veggies to stews, mince, pasta dishes and soups.
3. For a snack, eat raw carrots or celery sticks with a dip such as hummus.



**FOR FREE DIETARY ADVICE,**

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