

# TOP TIP

Carbs can be good for you! Here are a few benefits of the humble sweet potato:

- A dose of healthy fibre
- Rich in immune-boosting vitamin A
- A food with a low glycaemic index that will make you feel fuller for longer



**FOR FREE DIETARY ADVICE,**

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