

## **TOP TIP**

Encourage children to have 2-3 servings of dairy products every day. Milk, cheese, yoghurt and maas provide growing bodies with calcium and protein, both essential for strong bones. Prepare fruit and yoghurt smoothies, add blocks of cheese to lunchboxes and encourage children to drink more milk.



**FOR FREE DIETARY ADVICE,**

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