

TOP TIP

How much water should we drink every day?

Recommendations vary widely and depend on many factors, including your health, how active you are and where you live. As a rule of thumb, it's a good idea to drink a glass of water:

- With each meal and between meals
- Before, during and after exercise
- If you feel thirsty



FOR FREE DIETARY ADVICE,

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