

# TOP TIP

Detox and other fad diets aren't a good long-term health solution. For lasting results, your best bet is to eat a healthy diet based on fruits and vegetables, whole grains, and lean sources of protein. If you do choose to do a detox diet, you may want to use it as a way to jump-start making healthier food choices going forward every day.



**FOR FREE DIETARY ADVICE,**

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