

TOP TIP

Benefits of a healthy soup:

1. Quick and easy intake of vegetables which provide valuable vitamins, minerals and fibre.
2. Soup can be low in calories, yet is great at making you feel full.
3. Soup can be made with whatever vegetables and legumes you have available.
4. Soup can be portioned and frozen for a healthy snack or light meal.



FOR FREE DIETARY ADVICE,

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