

TOP TIP

Some handy breakfast ideas:

- Bran-rich cereal or oats porridge with milk and a banana
- Eggs or baked beans on high-fibre toast with a tub of yoghurt
- Peanut butter and sliced banana on a brown crumpet with a glass of milk
- A smoothie – blend yoghurt with fruit, milk and a handful of ice



FOR FREE DIETARY ADVICE,

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