

TOP TIP

Boys and girls ages 4 to 8 need 2½ cups of dairy products per day, while children ages 9 to 18 need 3 cups per day. Milk, flavoured milk, yoghurt, drinking yoghurt, dairy smoothies and maas are all great sources of protein, calcium and vitamins.



FOR FREE DIETARY ADVICE,

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