

# TOP TIP

## Plant power!

Not only are beans packed with protein, full of fibre and low in fat, but they are also naturally free of cholesterol and gluten. PLUS they're versatile, economical and store well.



TRY ME!

**FOR FREE DIETARY ADVICE,**

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