

TOP TIP

Tips for a healthy vegan lifestyle:

- Make veggies the hero of all meals.
- Eat balanced meals with a variety of wholegrains, legumes, nuts, seeds and vegetables.
- Don't assume vegan products are all healthy - some vegan foods can be laden with sugar, unhealthy fats and salt.



FOR FREE DIETARY ADVICE,

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