

# TOP TIP

Following a gluten-free diet? Try these alternatives to pasta and noodles that are naturally gluten-free:

- Cauliflower noodles
- Mushroom tagliatelle
- Baby marrow spirals
- Legume pasta (made from lentils or chickpeas)



**FOR FREE DIETARY ADVICE,**

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