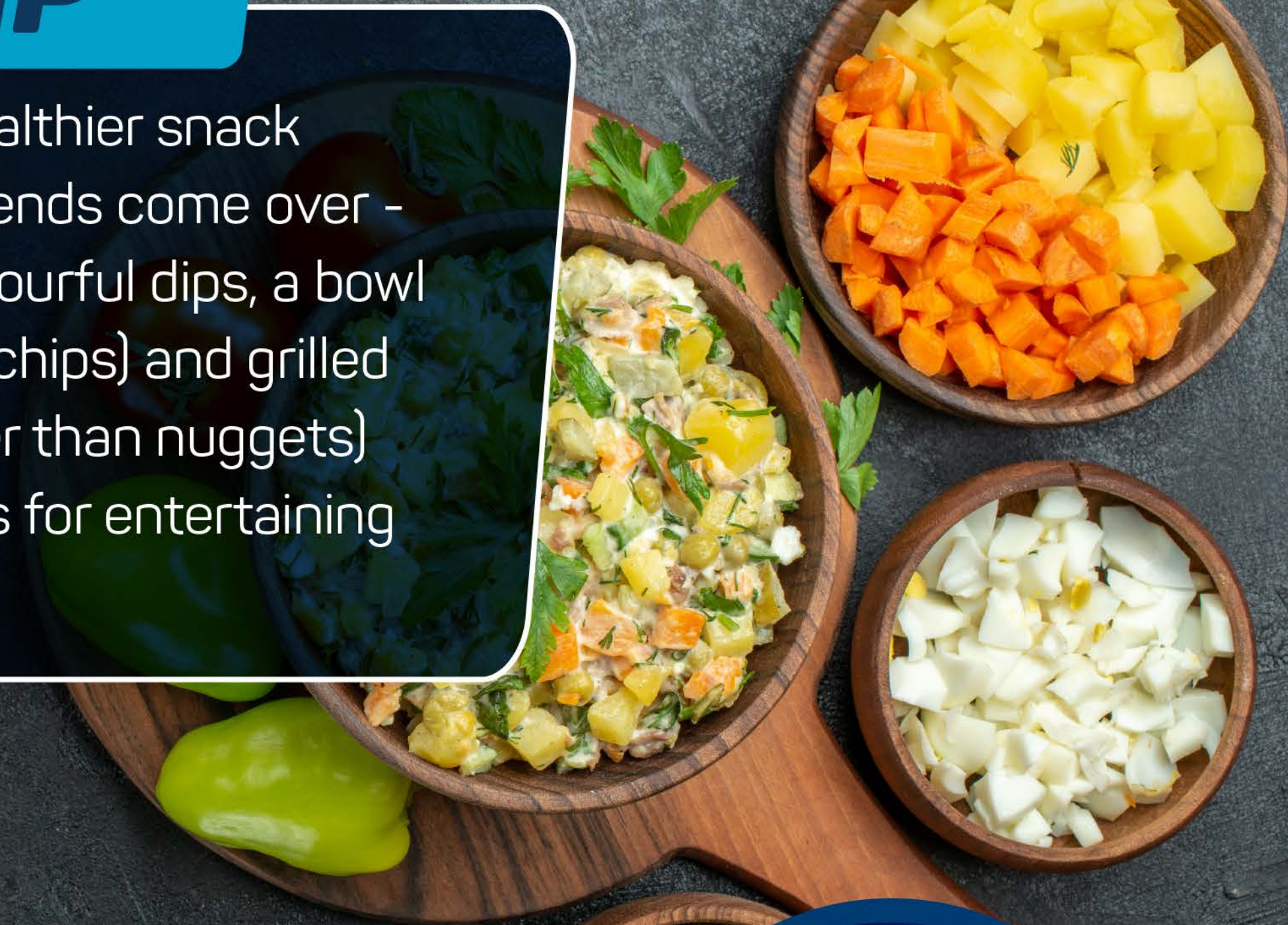


# TOP TIP

Get creative with healthier snack offers when your friends come over - raw veggies with colourful dips, a bowl of nuts (rather than chips) and grilled chicken strips (rather than nuggets) are healthier choices for entertaining platters.



TRY ME!



**FOR FREE DIETARY ADVICE,**

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