

## TOP TIP

Small dietary changes can make a big difference to your health.

- Cut out the sugar in your tea or coffee.
- Drink sparkling or still water rather than cold drinks.
- Keep sweet treats to a minimum. Look out for products with a reduced or low sugar content.



**FOR FREE DIETARY ADVICE,**

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