

TOP TIP

People have eaten bread, often referred to as “the staff of life”, for over 9000 years. In South Africa, bread plays a very important role in the nation’s diet. Bread should be eaten in moderation as part of a healthy, balanced eating plan with wholewheat and seeded varieties recommended above white, more refined breads.

TRY ME!



FOR FREE DIETARY ADVICE,

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