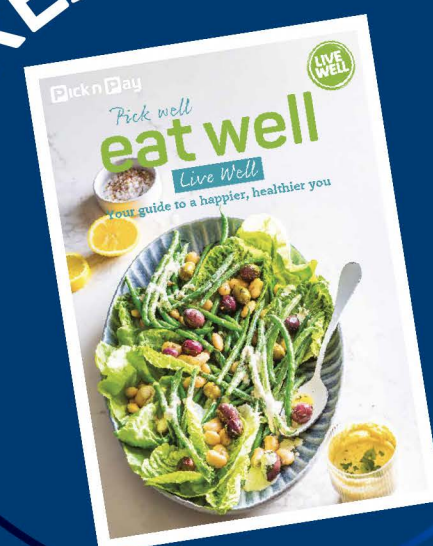


TOP TIP

Build healthy eating habits one step at a time:
Eat a rainbow of colourful fruits and veggies.
Choose more plant-based meals.
Focus on healthier fats.
Drink more water.
Make room for legumes.
Mind the sugar and salt.
Watch your portions.

READ ME!



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