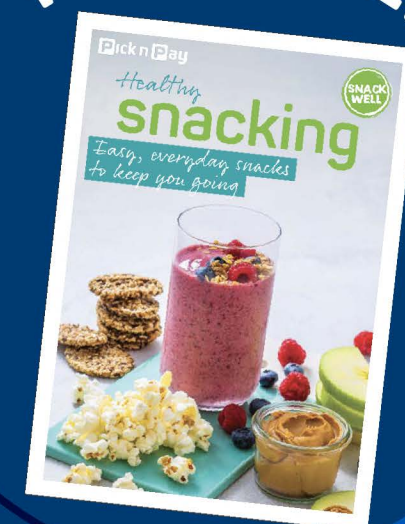


TOP TIP

Use healthier snacks to curb your hunger before being tempted by high-sugar treats. Nutrient-dense fruit, veggies and nuts are loaded with the good stuff. Be organised and have snacks handy so they can travel with you anywhere you go.

READ ME!



FOR A FREE COPY OF THE BOOKLET,
contact the Pick n Pay dietitian at healthhotline@pnp.co.za