

# TOP TIP

**Cut back on sugar, you're sweet enough!**  
As your family's taste buds adjust, gradually use less sugar and substitute with naturally sweet fruits and veg, such as bananas, apples, butternut and sweet potatoes. Homemade tastes so much better!



**FOR FREE DIETARY ADVICE,**

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