

TOP TIP

A few practical swaps

AVOID THESE DRINKS

Sweetened cold drinks

Cordials

Fruit juice

Sports drinks and energy drinks

Flavoured water



HEALTHIER ALTERNATIVES

Still or sparkling water; artificially sweetened cold drinks.

Still or sparkling water with sliced lemon; artificially sweetened cordial.

Still or sparkling water; 125ml fruit juice diluted with water.

Still or sparkling water; 125ml fruit juice diluted with water.

Flavoured water with no added fructose or sugar (check the ingredients list).

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

