

TOP TIP

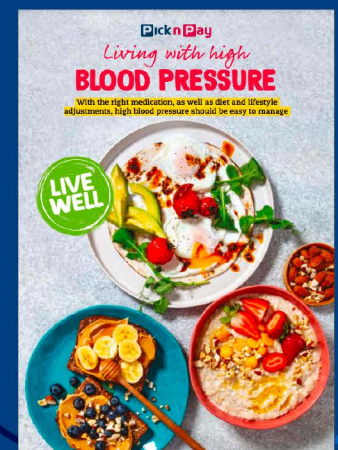
LIMIT THESE HIGHLY SALTED ITEMS

All types of salt
Seasoning salt, such as barbeque
and chicken spices
Stock cubes, gravy and
soup powders
Burgers and pies
Convenience meals
Salted nuts
Takeaway meals
Pizzas
Crisps
Savoury spreads
Butter and margarine
Processed meat

LOW-SODIUM FOODS TO HAVE MORE OFTEN

Food prepared at home
from fresh ingredients
Vegetables and fruit (fresh, frozen
and dried)
Unsalted nuts and seeds
Beans, lentils and peas
Mealie meal
Pasta and rice
Plain popcorn
Oats
Fresh fish, red meat and chicken
Eggs
Yoghurt and maas
Plain cottage cheese

READ ME!



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