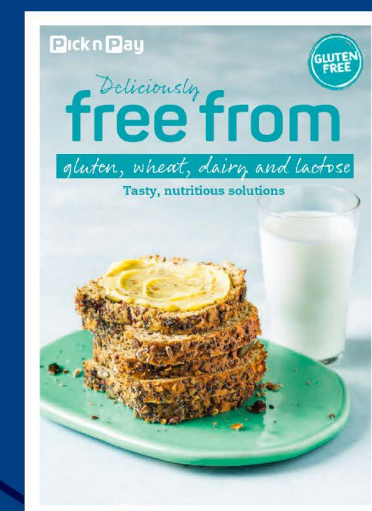


TOP TIP

For gluten-free diets, there are some naturally gluten-free alternatives to pasta and noodles that you can look out for:

- Cauliflower noodles
- Mushroom tagliatelle
- Baby marrow spirals
- Legume pastas (made from lentils or chickpeas)

READ ME!



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