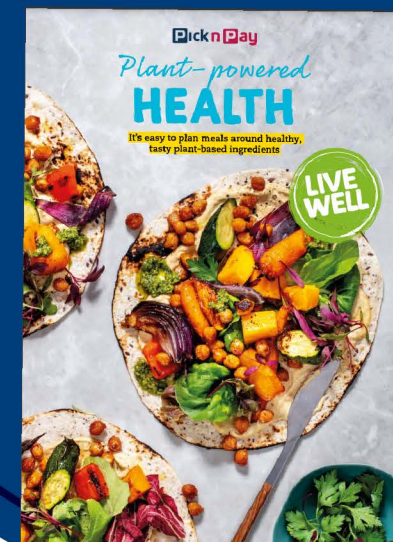


TOP TIP

GO NUTS!

Nuts and seeds, especially linseed (flaxseed), pine nuts, sesame seeds, sunflower seeds and walnuts are high in heart-healthy fats, which help to maintain healthy cholesterol levels and provide essential fatty acids.

READ ME!



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