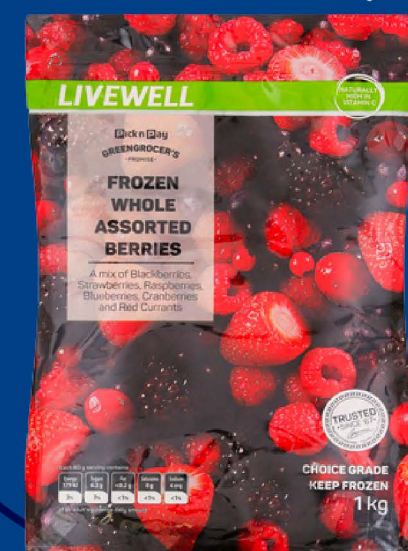


TOP TIP

Up your veg and fruit intake!

- Half-fill your dinner plate with vegetables or salad.
- Prepare a smoothie with frozen fruit, a banana and fresh spinach for breakfast.
- Pack chopped raw veg in your lunchbox to snack on.
- Add grated or chopped veg to mince dishes, stews and pasta sauces.

TRY ME!



FOR FREE DIETARY ADVICE,

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