

TOP TIP

Where's the sugar hiding?

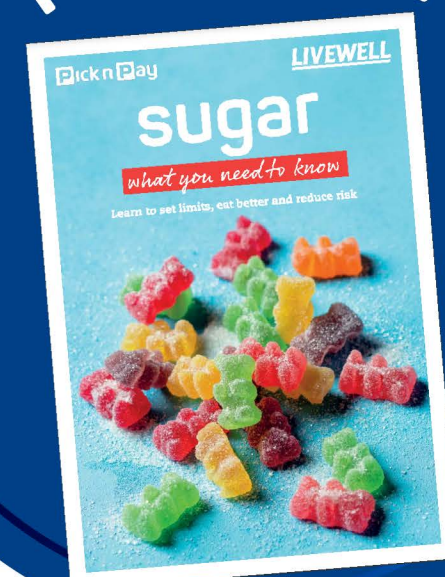
It's easy to identify ice cream or a slab of chocolate as a sugary food, but some foods you think are healthy may have hidden sugar.

Here are three of them:

- Fruit juice - drink water with sliced fruit instead.
- Flavoured yoghurt - opt for plain yoghurt and add fresh fruit instead.
- Sweetened breakfast cereals - cook up some oats porridge and add raisins or sliced banana instead.

Remember that no matter what the front of the box says, read the ingredients label and nutrition information on the back of the pack.

READ ME!



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