

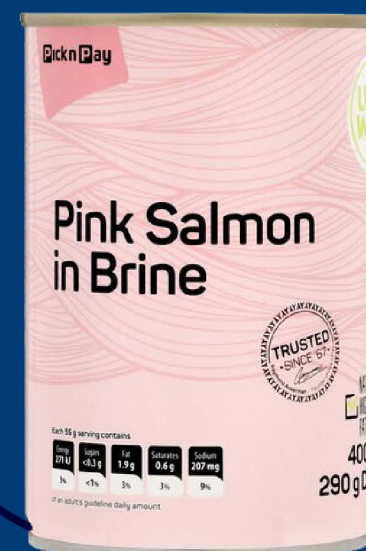
TOP TIP

HEART HEALTH FACT

There are heart-healthy fats that are found in fish called Omega-3 fatty acids. Eating more fish, especially pilchards, salmon and sardines, has been linked to a reduced risk of stroke and heart disease.

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TRY ME!



FOR FREE DIETARY ADVICE,

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