

TOP TIP

HEART HEALTH FACT

If you are overweight, reducing your weight by just 5–10% results in a lower "bad" cholesterol level and increases "good" cholesterol levels.

Be aware of these important measurements:

- Waist circumference should be no more than 88cm for women and 102cm for men.
- Waist-to-hip ratio should be no more than 0.85 for women and 0.90 for men.



FOR FREE DIETARY ADVICE,

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