

TOP TIP

HEART HEALTH FACT

You can include an egg everyday as part of your heart health plan. Eggs used to be severely restricted for cholesterol lowering diets, but this is no longer the case! Unless otherwise advised by a health practitioner, five to seven eggs a week can be included as part of a heart healthy eating plan.



FOR FREE DIETARY ADVICE,

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