

TOP TIP

HEART HEALTH FACT

Some plant-based oils, such as palm oil and coconut oil, have a high saturated fat content and should be avoided on a cholesterol lowering diet. Palm oil is used in many processed foods, so remember to read the ingredients list on food labels. To lower cholesterol, plan your meals around whole grains, fruit, vegetables and legumes, and use alternatives such as olive oil, canola oil, avocado, nuts and seeds to provide 'good fats' in your diet.

TRY ME!



FOR FREE DIETARY ADVICE,

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