



TOP TIP

SAY YES TO

Brown or whole-wheat bread Maize meal, oats and mabele

Skim-milk powder

Low-fat/fat free cottage cheese

Canola oil/sunflower oil/margarine

Home-made meals

SAY NO TO

White bread

Instant cereals

Coffee creamers

Full fat cheese

Butter

Prepared/processed/ ready-to-eat meals



FOR FREE DIETARY ADVICE,

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