

TOP TIP

DIABETES AWARENESS MONTH

If you have diabetes, remember these basics:

- Don't skip meals.
- Eat veggies daily.
- Eat dry beans, split peas, lentils and soya regularly.
- Choose oils instead of hard fats.
- Keep salt, and salty foods, to a minimum.
- Avoid sugar.
- Drink 8 glasses of water a day.
- Be more active.

READ ME!

Healthy Food Guide

Breakfast Lunch Dinner

Here's how to eat healthy if you are living with diabetes, high blood pressure, cholesterol, or if you want to lose weight.

FOR FREE DIETARY ADVICE,

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