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Pick n Pay School Club

1.

Eat a rainbow of fruit and vegetables

Try: Berries, oranges, tomatoes, carrots, spinach and broccoli.





2.

Make wholegrain the go-to

Try: Oats, whole-wheat bread, brown rice, and other wholegrain cereals.

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3.

Swap saturated fats for unsaturated fats

Try: Avocado, unsalted nuts, seeds and plant oils.





4.

Add beans, lentils and chickpeas

Try: Add beans to mince, lentils to soups or chickpeas to salads.

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