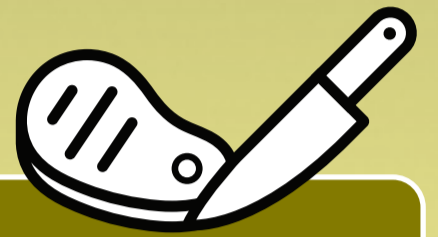# CHOOSE HEALTHY FATS

Use less animal fats such as fat on meat, butter and cream and replace with healthier plant fats and oils (nuts, seeds, avocado and vegetable oils).

Pick one small thing

The skin should be taken off chicken pieces before cooking

Remove all visible fat from meat before cooking
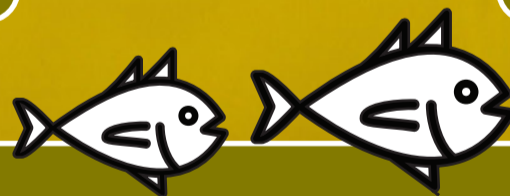
Choose low fat and fat free dairy products

For spreads - avoid butter and use low-oil mayonnaise, avocado or peanut butter

Use plant-based fats and oils, such as avocado, nuts, olive oil, canola oil and sunflower oil

Use fatty meat products less often, including sausages, boerewors, viennas, polony and salami

Eat more fish, especially pilchards, sardines, tuna and salmon as they provide oils which are good for your health

Small changes can make a big difference

TRY ME!

CANOLA OIL

Pick n Pay
School Club