

## THE 8 STEPS TO HEALTHIER LIVING

*Pick one small thing to do each day  
to see and feel the change*

**CUT BACK ON SUGAR**

**EAT MORE  
VEGETABLES  
AND FRUIT**

**EAT LEGUMES  
MORE OFTEN**

**EAT MORE  
FIBRE**

**CHOOSE  
HEALTHY FATS**

**USE LESS  
SALT**

**DRINK WATER  
EVERY DAY**

**BE ACTIVE**

*Small changes can make a big difference*

Call Pick n Pay's Health Hotline on 0800 11 22 88 or email [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za) for any further information