

## TOP TIP

Does your plate look like this? It should be **1/2** full of **vegetables** or salad, **1/4** should be **high fibre** starchy foods like potato or brown rice and only **1/4** should be **healthy proteins** like fish, chicken, meat or legumes.

**1/4**  
plate high-fibre  
carbohydrates

WORLD  
HEALTH  
MONTH

**1/2**  
plate  
vegetables

TRY ME!

**For free dietary advice,**  
contact the Pick n Pay dietitian at [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za)