

TOP TIP

Health heroes are nutritionally dense foods that also **boast health benefits**.
Include these foods as often as you can:
Cauliflower, Sweet potato, Broccoli, Kale, Spinach, Beetroot, Berries and Avocado.

WORLD
HEALTH
MONTH

TRY ME!

For free dietary advice,
contact the Pick n Pay dietitian at healthhotline@pnp.co.za