

## TOP TIP

### Get into the habit of eating breakfast in 2021!

Breakfast does not have to be a big meal. Start with a starchy food with a high fibre content, e.g oats, bran flakes, whole-wheat bread. Add a protein-rich food e.g milk, eggs, maas and lastly add a fruit or veg.

BACK  
2  
SCHOOL



**For free dietary advice,**

contact the Pick n Pay dietitian at [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za)