

TOP TIP

Eat fish at least twice a week. This includes all fish, but particularly fatty fish such as pilchards, sardines, herring, salmon and mackerel, which are high in the heart-protecting omega-3 fatty acids. Each serving should be around 100g, or about $\frac{3}{4}$ cup of flaked fish.

**DIABETES
AWARENESS
MONTH**



TRY ME!



For free dietary advice,

contact the Pick n Pay dietitian at healthhotline@pnp.co.za