

## TOP TIP

Include more legumes in your meals. Beans, peas and lentils are very high in fibre and help to stabilise your blood sugar level. They are delicious added to stir-fries, mince dishes, casseroles and salads, and they will help you stay fuller for longer.

**DIABETES  
AWARENESS  
MONTH**



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