LIVEWELL



TOP TIP

Eat dry beans, peas and lentils regularly, i.e. at least four times per week. Dried and canned beans, peas and lentils are great sources of vegetable protein and fibre and can be used in a variety of meals such as stews, soups and salads.



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