

TOP TIP

Fibre helps **lower cholesterol** by binding with cholesterol particles in your digestive system and moving them out of the body before they're absorbed. Wholegrain foods are rich in dietary fibre. A fibre intake of approximately **25g a day** is recommended for optimal gut health.



**FOR FREE DIETARY ADVICE,
CONTACT THE PICK N PAY DIETITIAN AT HEALTHHOTLINE@PNP.CO.ZA**