

TOP TIP

Did you know that **95% of your body's serotonin** (the body's mood-boosting hormone) is produced in a **healthy gut**? **Fibre** is the **superfood** you should be eating more of as it will improve gut health as well as **overall health** and wellness.



FOR FREE DIETARY ADVICE,

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