

## TOP TIP

Vitamin C is needed for healthy skin and gums and it helps the body to heal wounds and protects us from getting sick. Citrus fruits, mangos, guavas and papinos are some fruits with a high vitamin C content.

**FOR FREE DIETARY ADVICE,**

contact the Pick n Pay dietitian at [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za)

