



TOP TIP

Our body gets so many different vitamins and minerals from a variety of foods. Make sure you eat as many different foods every day to get all the vitamins and minerals you need, especially vegetables and fruit.

NN bran flakes is enriched with 14 essential vitamins and minerals, including iron. Only ±R2,60 for a cup of vitamin-enriched bran flakes.



FOR FREE DIETARY ADVICE,
contact the Pick n Pay dietitian at healthhotline@pnp.co.za