



# TOP TIP

Having diabetes means that you have too much sugar in your blood. If left untreated, diabetes can cause health problems such as heart disease, kidney disease and stroke. You can prevent diabetes by making lifestyle changes, such as eating a healthy diet, losing weight and exercising.



**FOR FREE DIETARY ADVICE,**

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

