



# TOP TIP

If you are living with diabetes, there are some changes you will need to make to your diet. Avoid processed foods and fill up on whole fruits, vegetables, wholegrains and legumes to assist you in your wellness journey. Remember you are not alone in this!



**FOR FREE DIETARY ADVICE,**

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

**sweet**life