

Make the

HEALTHIER

choice



Get healthy
Get rewarded

Eat most often



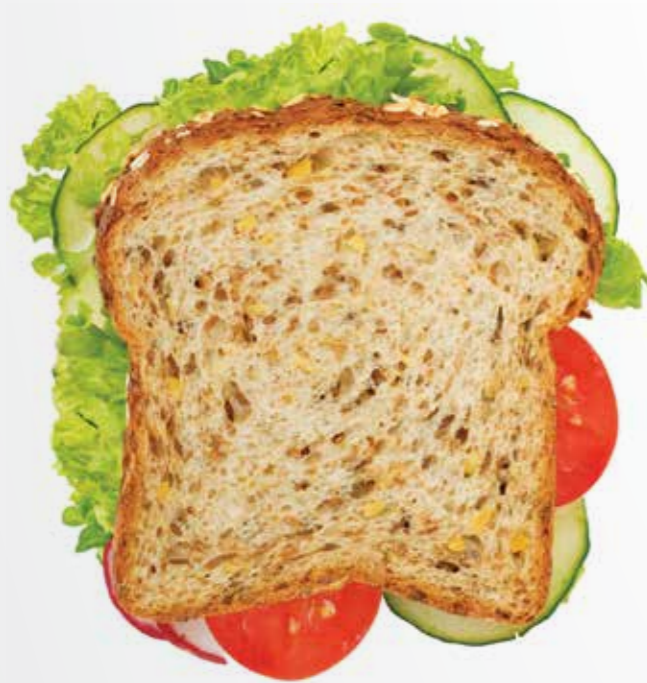
Homemade popcorn



Peanuts and raisins
Unsalted Nuts and Seeds
Dried fruit
Safari Just Fruit Bars (sugar free)
Safari or Pick n Pay Dried Fruit Rolls (sugar free)
Biltong Snapsticks



Water
Milk (low fat/ fat free)



Sandwiches:
Wholegrain / Seeded brown bread / rolls,
Wholewheat wraps / pita
Filling Options:
Tuna in water/brine, skinless chicken, boiled /
poached egg, peanut butter (sugar & salt free), fat
free plain cottage cheese, salad (tomato, lettuce,
cucumber, avocado, grated carrot)
Canola Margarine



Mini vegetable kebabs (rosa tomatoes,
mini corn, cucumber blocks, carrot)
Homemade vegetable soup



Low fat/fat free flavoured yoghurt
Fresh fruit/ fruit salad/fruit kebabs
Frozen yoghurt

Eat rarely



Chips



Sweets
Chocolates
Energy bars
Fudge
Coconut ice



Fizzy drinks
Energy drinks
Iced tea
Milkshake
Flavoured water



Biscuits
Cakes
Doughnuts
Muffins



Burgers, hot dogs
Pies,samosas
Sausage rolls
Hot chips, pizza
White bread/rolls/pita



Ice-cream
Ice-lollies



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