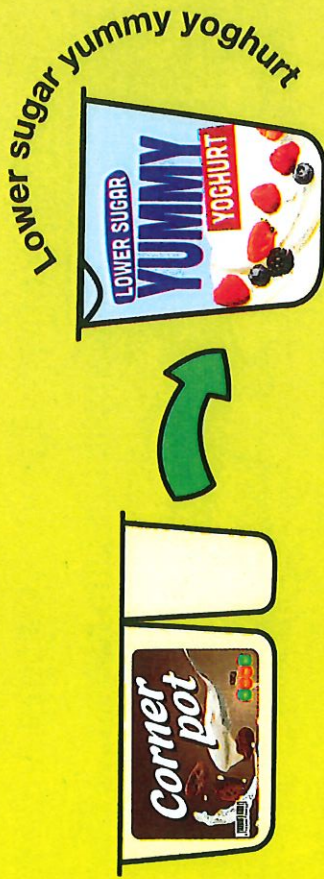




Find healthier swaps for the whole family



Just scan, swipe, swap

Now it's your turn to try!



Download the FREE NHS Food Scanner App

Better Health

Let's do this

Be a

Swap Rockstar!



Scan the barcode on your favourite foods



Swipe to see healthier choices



Swap next time you shop

Can you make 5 swaps?

Try colouring them in as you go*



Breakfast



Corn flakes



Lunch or Dinner



Thin and crispy delight



Snack



Popped crunch



Fruity chew loaf



Dessert



Drink



Lower sugar juice drink



Name

has made 5 swaps and is a Swap Rockstar

*Crayons work best. If you use felt tips make sure you allow time to dry.