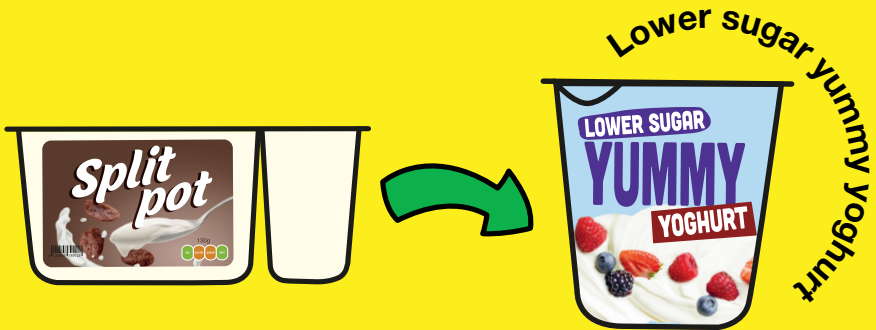


NHS

Find healthier swaps for the whole family



Just scan, swipe, swap

Now it's your turn to try!



**Better
Health**

Let's
do this



Download the FREE
NHS Food Scanner App

Be a Swap Rockstar!

1

Scan the barcode on your favourite foods

2

Swipe to see healthier choices

3

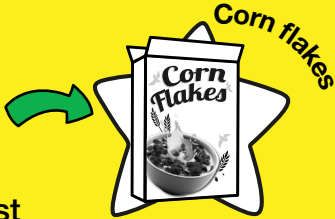
Swap next time you shop

Can you make swaps?

Try colouring them in as you go*



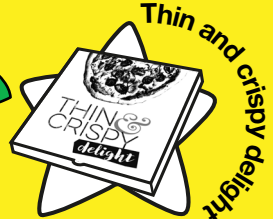
Breakfast



Corn flakes



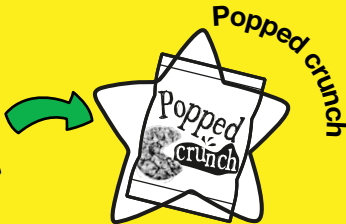
Lunch or Dinner



Thin and crispy delight



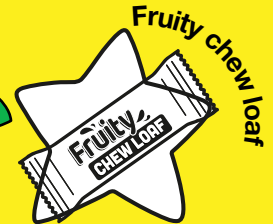
Snack



Popped crunch



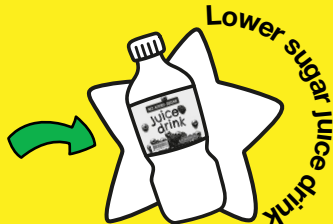
Dessert



Fruity chew loaf



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.