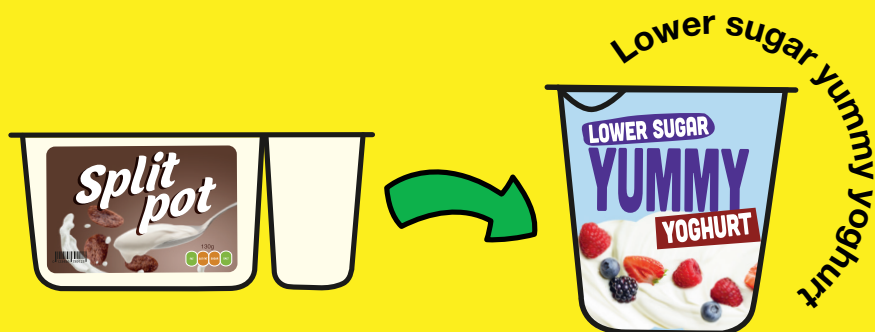


Find healthier swaps for the whole family



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 5 swaps?

Try colouring them in as you go*



Breakfast



Corn flakes



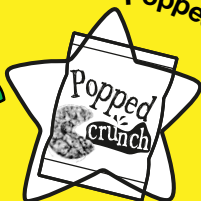
Lunch or Dinner



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.