

**NHS**

# Bring healthier eating to life at home



**Better Health**

Let's do this

Download the free Food Scanner app



# Find healthier swaps for the whole family

Lower sugar yummy yoghurt



## Just scan, swipe, swap

Now it's your turn to try!



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**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



Thin and crispy delight



Lunch or Dinner



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.

