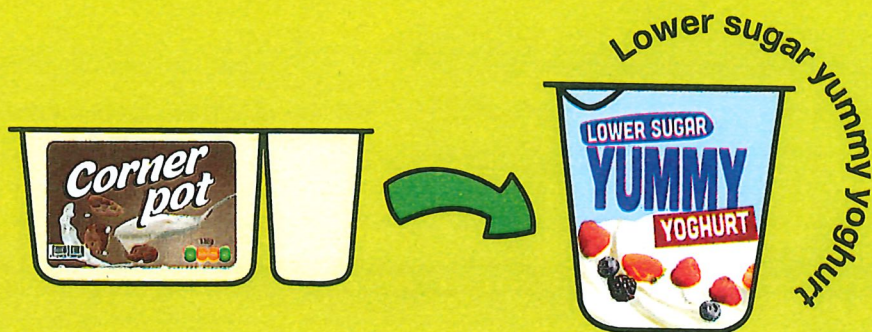




Find healthier swaps for the whole family



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



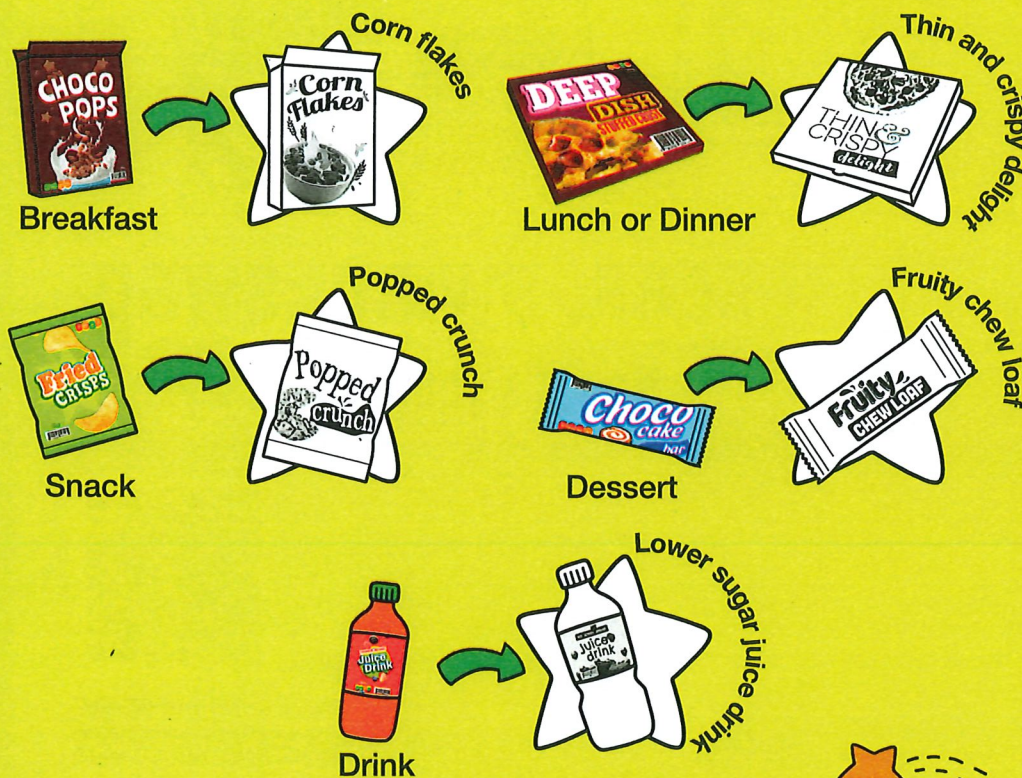
Swipe to see
healthier choices



Swap next
time you shop

Can you make swaps?

Try colouring them in as you go*



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.