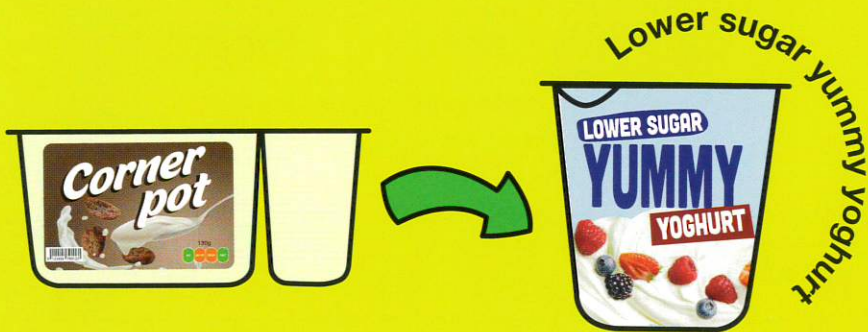


NHS

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

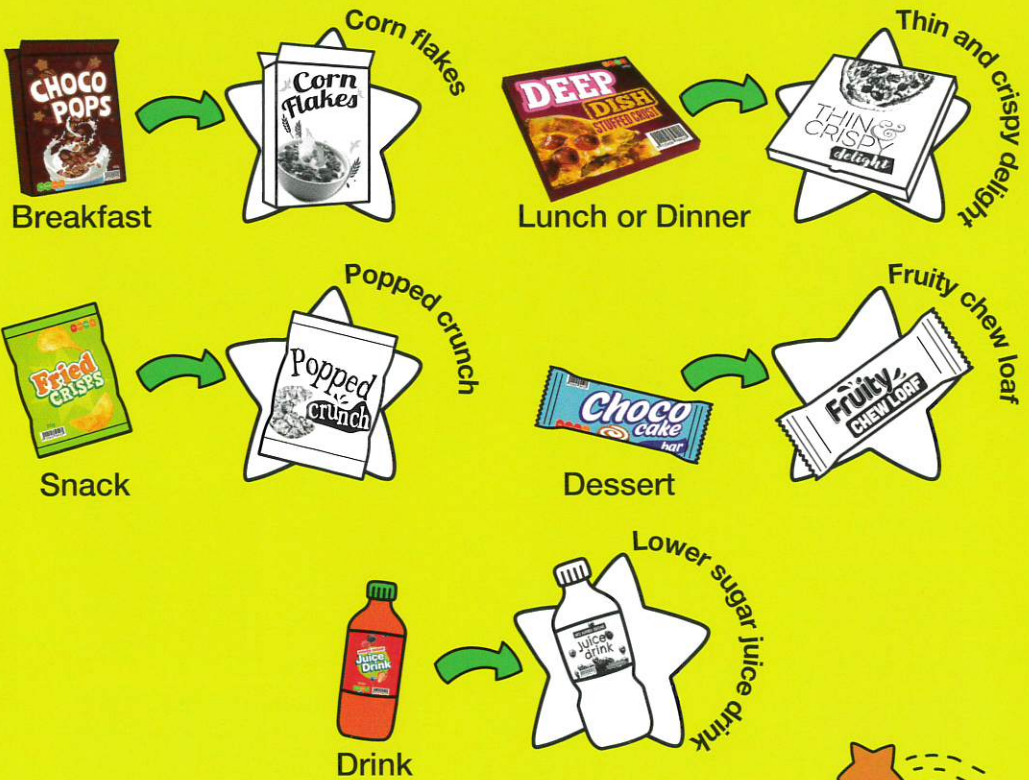
Swipe to see healthier choices

3

Swap next time you shop

Can you make swaps?

Try colouring them in as you go*



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.