

Find healthier swaps for the whole family



Lower sugar yummy yoghurt

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

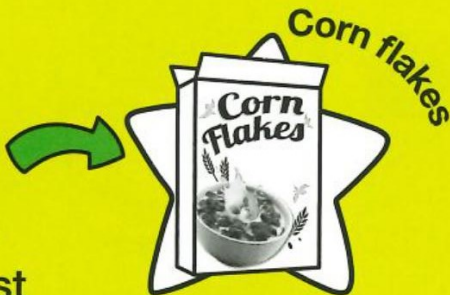
Swap next
time you shop

Can you make swaps?

Try colouring them in as you go*



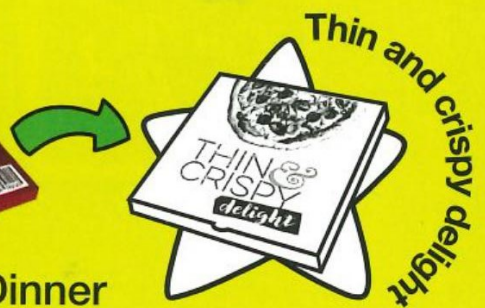
Breakfast



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.