



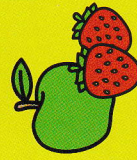
Find healthier swaps for the whole family

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!



Scan the barcode
on your favourite foods



Swipe to see
healthier choices



Swap next
time you shop

Can you make **5** swaps?

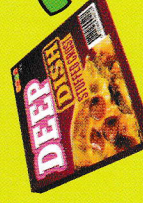
Try colouring them in as you go*

Corn flakes



Breakfast

Thin and crispy delight



Lunch or Dinner

Popped crunch



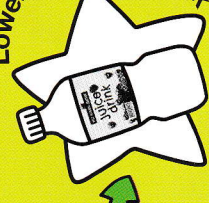
Snack

Fruity chew loaf



Dessert

Lower sugar juice drink



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.