NHS

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 5 swaps?

Try colouring them in as you go*

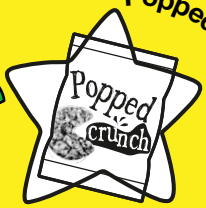
Breakfast

Corn flakes

Lunch or Dinner

Thin and crispy delight

Snack

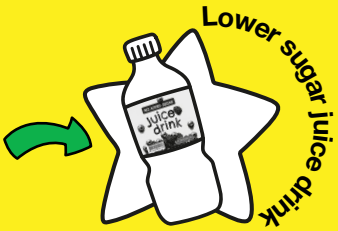


Popped crunch

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.