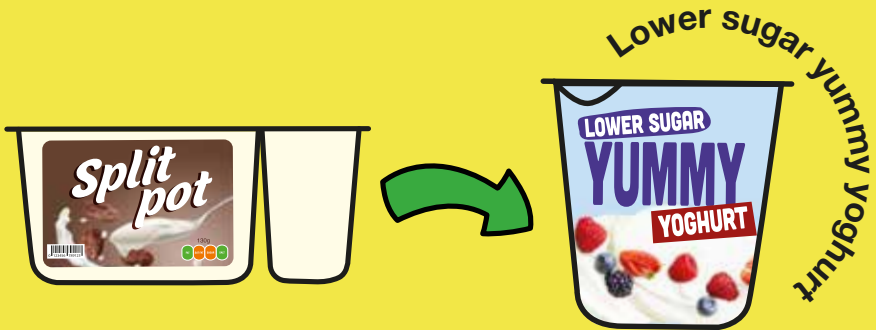


**NHS**

# 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

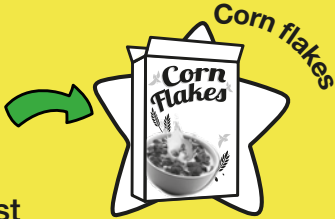
**Swap** next time you shop

## Can you make swaps?

Try colouring them in as you go\*



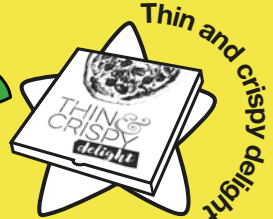
Breakfast



Corn flakes



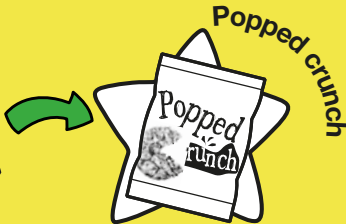
Lunch or Dinner



Thin and crispy delight



Snack



Popped crunch



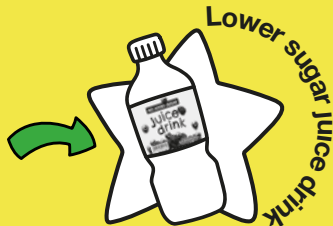
Dessert



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.