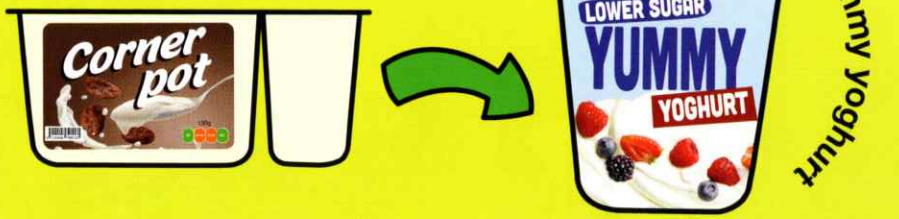
NHS

Find healthier swaps for the whole family



Just scan, swipe, swap

Now it's your turn to try!



Better Health Let's do this

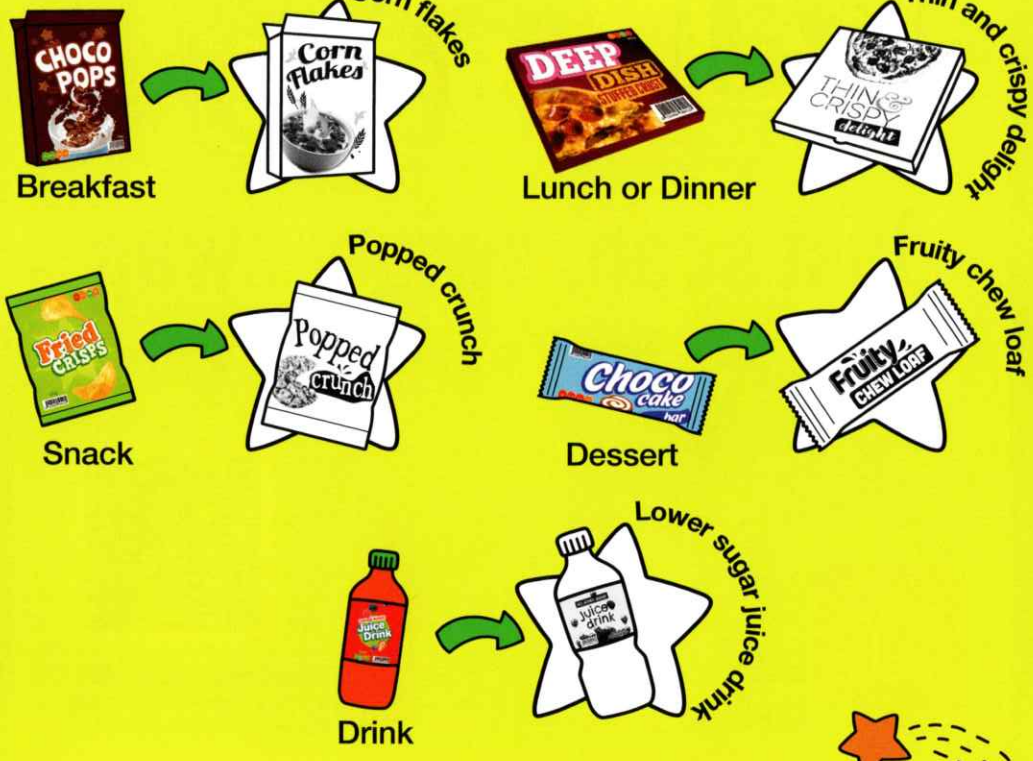
Download the FREE NHS Food Scanner App

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 5 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