

FoodSwitch allows you to scan the barcodes of food and drink products and instantly see whether they are high (red), medium (amber) or low (green) in fat, saturates, sugars and salt per suggested serving size.

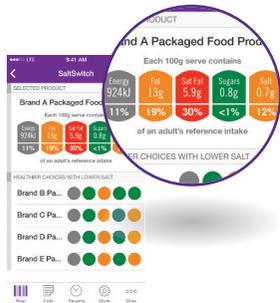
SCAN

Scan a packaged food product's barcode to get easy-to-understand nutritional information.



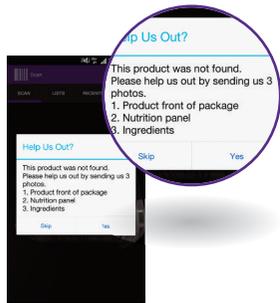
SWITCH

Each product in FoodSwitch has been rated using colour coded labels for total fat, saturates, sugars and salt so you can see at a glance how healthy it is. You'll also get a list of healthier food choices you could switch to.



CROWD-SOURCING

If a food or drink doesn't appear when scanned, simply 'Help Us Out!' by taking 3 pictures of the front of pack, ingredients list and nutrition table.



SHARE AND SUPPORT

Add an item to your shopping list, share the information with others, or simply swipe to the left or right of the screen for additional functions.



FoodSwitch UK

The UK's award-winning health app, FoodSwitch, is free, impartial and really easy to use! It has been made in collaboration with The George Institute for Global Health Australia and is supported by 16 other organisations.



The George Institute
for Global Health



FoodSwitch UK is free to download from iTunes and Google Play.

Supported by



LOTTERY FUNDED



FOODSWITCH UK

Helping shoppers make healthier choices

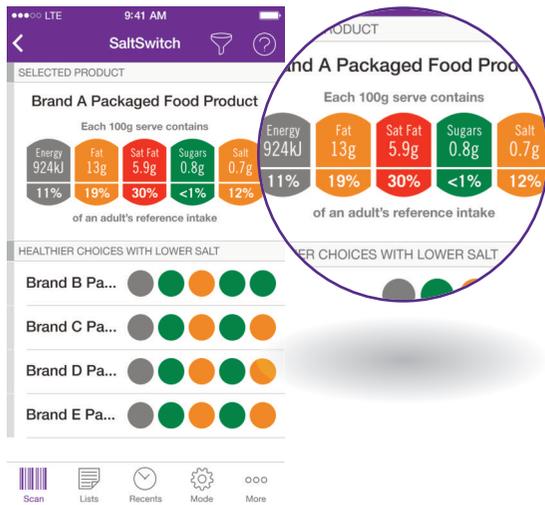


www.foodswitch.co.uk

What is FoodSwitch?

Foods can be surprisingly high in salt, fat, saturated fats (saturates) and sugars, but many people struggle to understand nutrition labels on food packaging.

FoodSwitch is a revolutionary app that provides instant, easy to understand, nutrition information about food and drink products. By simply scanning the barcode, you will be able to see how healthy a product is and opt to switch to a healthier alternative within the same category. What's more, it's free to use!



DIFFERENT FEATURES TO CHOOSE FROM

Use **FoodSwitch** to see what's in your shopping basket, and make healthier food choices when shopping for you and your family.

Whether you're looking to lower your blood pressure, reduce your sugar intake, or cut back on your calories, **FoodSwitch** can help with its 4 additional filters.

SaltSwitch

Salt raises our blood pressure and increases our risk of suffering from heart attacks and strokes. With most of the salt in our diet hidden in the foods we buy, **SaltSwitch** can help us cut back on the unnecessary salt and improve our health. *For example*, a change from a bread high in salt to a lower salt alternative, could save you 14g of salt a month, the same amount found in 28 bags of ready salted crisps*.

28 x

CalorieSwitch

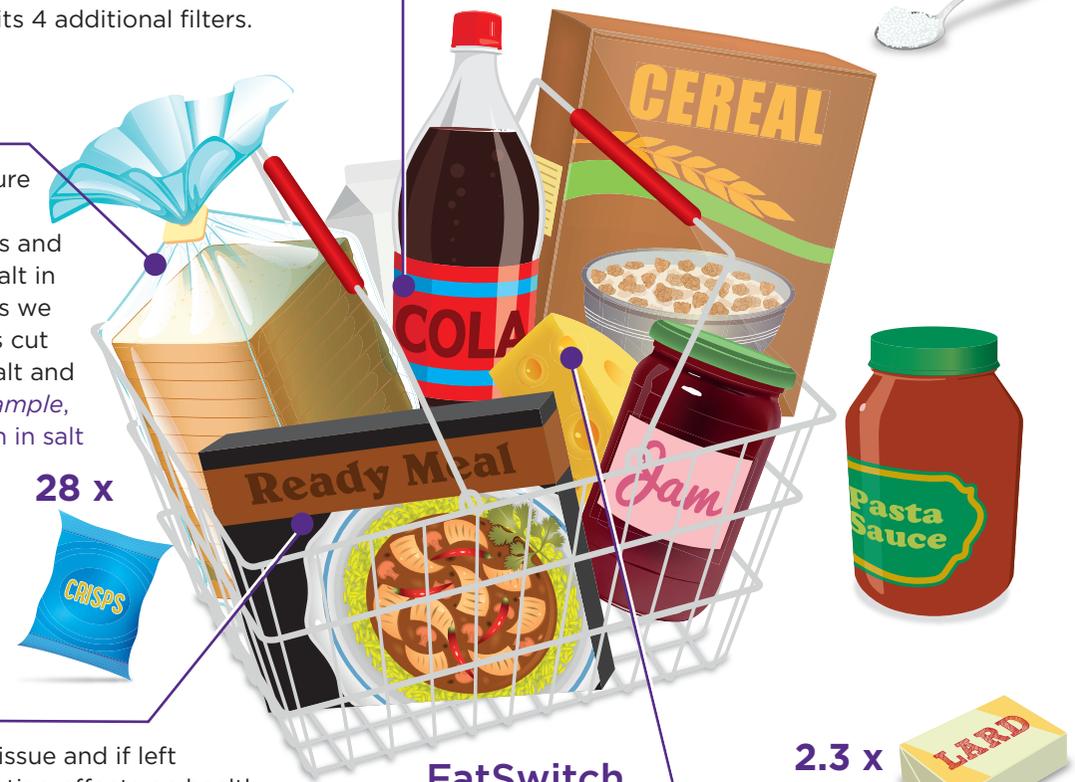
Obesity is a serious health issue and if left untreated can have devastating effects on health. Excess calorie intake can lead to weight gain, which is why it is important to keep track of your intake. Use **CalorieSwitch** to help you choose healthier foods which are lower in calories. *For example*, a switch from a high calorie ready meal to a lower alternative, could save you over 3000kcal a month, the equivalent to 13 chocolate bars*.

13 x

SugarSwitch

It is well recognised that eating too much sugar is associated with obesity and tooth decay, whilst high consumption of sugar-sweetened beverages is associated with type 2 diabetes. **SugarSwitch** can help cut back on the total sugars that we are eating. *For example*, a switch from a high sugar drink to a lower alternative could save you over a kilogram of sugar a month; the equivalent of 280 teaspoons*.

280 x



FatSwitch

Eating a diet high in saturates can raise cholesterol levels, which increases the risk of heart disease. Use **FatSwitch** to help reduce your saturates intake. *For example*, by changing from a cheese high in saturates to a lower alternative, **FatSwitch** could save you 100g saturates a month; the equivalent of 2.3 packets of lard*.

* If eaten each day for 30 days

“FOODSWITCH HAS THE POTENTIAL TO CHANGE EVERY SHOPPING BASKET IN THE COUNTRY”

Duncan Selbie, Chief Executive of Public Health England

“FOODSWITCH IS A REALLY PRACTICAL TOOL TO SUPPORT PEOPLE TO PUT DIETARY RECOMMENDATIONS INTO PRACTICE”

Professor Susan Jebb, University of Oxford