Be Food Smart!

The new app from Change4Life will help you and your family to be more food smart. Unfortunately most children are having too much sugar, saturated fat and salt in their everyday food and drinks. This is putting them at risk of weight gain, heart disease, type 2 diabetes and some cancers, as they get older.

The new, easy-to-use FREE Be Food Smart app is here to help you make smart decisions about the food your family eats. With a simple scan you'll see how much sugar, saturated fat and salt is in your food and drink and you'll also find hints and tips for healthier choices.

Why not download the app now from Google Play or the App Store?