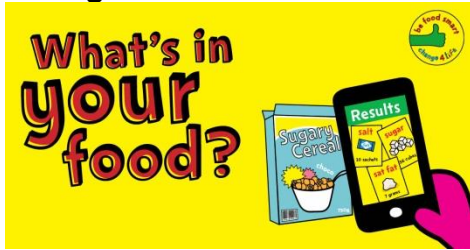


## Change4Life - Be Food Smart



A new Change4Life Be Food Smart campaign has launched to highlight the surprising amount of sugar, saturated fat and salt found in everyday food and drink. It aims to empower families to take control of their diet by making healthier choices.

The FREE Be Food Smart app can be used to scan the barcode of many food and drink products, revealing the total sugar, saturated fat and salt inside and providing hints and tips for adults plus activities for kids. Residents can learn more about the app and campaign by attending the Change4Life roadshow at The Brewery shopping centre on Wednesday 8th and Thursday 9th February.

Visit [Change4Life](http://Change4Life) for more information or download the app from the iTunes store or Google Play.