



What's available?

NHS Food Scanner App

Use the [NHS Food Scanner app](#) to bring your favourite food labels to life. A quick scan of the barcode on the product's packaging using your phone's camera will show you:

- If it's a 'good choice'
- Traffic light ratings: whether the product is high, medium or low in sugar, salt and fat
- Living labels! Bring the sugar, salt and fat in a product to life to help understand more about what you're eating.
- All your previous scans - see the full list of every product you've ever scanned!

Download the free app and start finding healthier swaps today!



Your Health Notts

Your Health Notts offer targeted, specialist, weight management services different from traditional weight loss programmes.

They're experts in helping adults and families lose weight and lead healthier lives. The programmes encourage lifelong changes to eating habits, help people overcome barriers to weight loss, make sensible food choices and become more active.



Scan or visit yourhealthnotts.co.uk/support/weight-management/



Scan or visit nhs.uk/better-health/

Better Health

Healthy changes start with little changes.

If you're overweight, losing weight has many health benefits. Making small, simple changes to what and how much you are eating and drinking can really help you lose the pounds.



Scan or visit rushcliffehealth.org/directories

Weight Management Directory

Social prescribers in Rushcliffe have put together directories for many health and well-being issues. Find inside tips and information about services offering support in Rushcliffe and Nottingham. Scan the QR code to view the health directories and find 'Weight Management'.

Case Studies

Discover the weight loss journey of a patient who benefitted from a Rushcliffe Social Prescriber's link worker. Scan the QR code to see!



Next months topic... **OBESITY**

