

# The Foodwise for Life app



Do you want to know more about food and nutrition to help you manage your weight?

Are you unsure where you can find advice and support you can really trust?

Would you like quick and easy access to this information – all in one place and at the touch of a button?

This FREE app, developed by NHS Wales professionals is designed to provide all this, and more. It brings together trusted nutrition and healthy weight advice to support you through your weight loss journey.

There are six main sections to explore at your own pace, all with interactive games, quizzes and tools including;

- Getting ready to make changes
- Healthy eating principles
- Portion sizes
- Being physically active
- Food labels and healthy options
- Recipe adapting



The app is available to download from Apple Store and Google Play