



WHAT NOT TO EAT: SUPERMARKET SWAPS

After the success of the hit series What Not to Eat with Professor Tim Spector and Dr Kandi Ejiofor, Channel 4 introduces a new sister show, called What Not to Eat: Supermarket Swaps. Tim and Kandi are back, and this time they're helping supermarket shoppers turn their red trolleys to green, by selecting six unhealthy foods to swap for nutritious alternatives.

To discover the best options, Tim visits a range of food producers; showcases new recipes; and puts his body and mind to the test with science experiments that reveal surprising health benefits.

Meanwhile, Kandi gives viewers helpful hacks in the fresh, frozen, canned, bakery and non-food aisles; and hits the road in search of social gatherings in need of a healthy makeover, with a cool box full of delicious alternatives that are kind to our bodies.

Finally, our shoppers return to meet Tim and Kandi at the supermarket check-out, to swap their way to a green trolley, and a healthier life.

Produced By Plum Pictures for Channel 4

