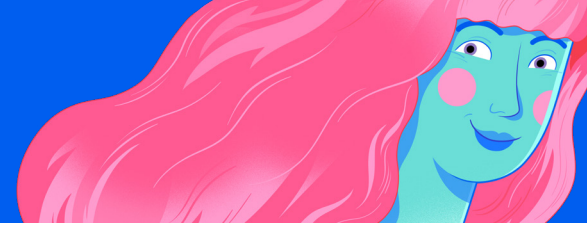


Unilever Positive Nutrition Standards



Background

A shift towards more sustainable diets, rich in plant-based foods and with fewer animal-derived foods, is needed and will lead to improved health and environmental benefits. Packaged foods are a useful part of the solution to make healthy, sustainable dietary patterns achievable and accessible to all. Unilever takes action to improve the nutritional quality of its foods and beverages and broadened the scope of product reformulation beyond the reduction of nutrients to limit, to increasing ingredients and nutrients in line with dietary recommendations for a healthy sustainable diet. This is reflected in our Future Foods commitment to double the number of products sold that deliver positive nutrition by 2025.

To enable reformulation of our products towards positive nutrition, we have defined the Positive Nutrition Standards (PNS): a set of standards which aim to increase nutrients and ingredients that consumers should eat more of, for human but also planetary health.



Standard Setting

Positive ingredients were selected based on international dietary guidelines for sustainable diets. Positive nutrients include the internationally recognized micronutrients most relevant for public health and selection of additional nutrients was primarily based on our systematic review investigating and comparing nutrient intakes in meat-based, vegetarian and vegan diet patterns in adults in different regions (Neufingerl & Eilander, 2022).

Ingredients include fruit, vegetables, legumes, fungi, nuts, seeds, wholegrain and dairy. Macronutrients include protein, fibre and omega 3 fatty acids. Micronutrients include the following vitamins and minerals: Vitamins A, B2, folate, B12, C, D, E, calcium (Ca), iodine (I), iron (Fe), magnesium (Mg) potassium (K) and zinc (Zn).

The standards for ingredients were based on dietary guidance from WHO, and converted into product standards, considering the role in the diet, including appropriate serving size and frequency of consumption. The standards for nutrients were aligned with Codex Guidelines for Use of Nutrition and Health Claims.

The potential impact of the PNS on vegetable, wholegrain and fibre intake was modelled using data from the US NHANES 2017-2018 survey, assuming that foods consumed would be reformulated to meet the standards where relevant. The modelling showed that application of the PNS could increase intakes by 30% for fibre, more than 50% for vegetables and even double the intake of wholegrain. These results imply that reformulation towards these standards would be impactful, moving intakes closer to recommendations.