



Unilever

# NUTRITION

BETTER PRODUCTS  
BETTER DIETS  
BETTER LIVES



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# Unilever Sustainable Living Plan (USLP)



**We have committed in our USLP to help 1 billion people to take action to improve their health and well-being.**

# Our Nutrition approach



## Better Products

Renovation and Innovation



## Better Lives

Impact of Better Products,  
Better Diets



## Better Diets

Consumer Campaigns,  
Behaviour Change





# 3 public health challenges where we can have most impact globally



## HEART HEALTH



## OBESITY



## UNDERNUTRITION



# Strong nutrition targets for Better Products, Better Diets, Better Lives



Double the proportion of portfolio meeting Highest Nutritional Standards by 2020



75% of Foods to meet 5g salt/d criteria by 2020



Saturated fat  $\leq$  33% in 90% soft vegetable oil spreads by 2017



Trans fat from PHVO removed from 100% products by 2012



Reducing sugar by 25% in Ready to Drink, Powdered Ice tea and Milk Tea by 2020



All children's ice creams  $\leq$ 110kcal/portion by 2014  
80% packaged ice creams  $\leq$ 250 kcal/portion by 2015

We removed from our portfolio  
30,300+ tonnes trans fat  
18,000+ tonnes saturated fat  
9,000+ tonnes salt  
37,000+ tonnes sugars

# Research & Development activities

Sustainable sourcing  
 Product development  
 Process development  
 Nutrient Profiling  
 Dietary Fats & Health  
 Vascular Function  
 Lipid Metabolism  
 Glycemic control &  
 Diabetes  
 Homeostatic Resilience  
 Micronutrients  
 Behaviour Change

**20 NUTRITION AND HEALTH PUBLICATIONS IN 2015**

Journal List > Cambridge Open > PMC4071994

**THE BRITISH JOURNAL OF NUTRITION**  
Cambridge University Press

Br J Nutr. 2014 Jul 28; 112(2): 214-219.  
Published online 2014 Apr 30. doi: 10.1017/S0007114514000750

PMCID: PMC4071994

**LDL-cholesterol-lowering effect of plant sterols and stanols across different dose ranges: a meta-analysis of randomised controlled studies**  
 Rouanne T. Ras,<sup>1,2</sup> Johanna M. Geleijne,<sup>2</sup> and Elke A. Trautwein<sup>1</sup>

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Journal List > PLoS One > v(9(7)):2014 > PMC4117505

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PMCID: PMC4117505

PLoS One. 2014; 9(7): e103247.  
Published online 2014 Jul 31. doi: 10.1371/journal.pone.0103247

**The Effect of Black Tea on Blood Pressure: A Systematic Review with Meta-Analysis of Randomized Controlled Trials**  
 Arno Geurtsing,<sup>1,2</sup> Rouanne T. Ras,<sup>1</sup> Peter L. Richard-Diringer<sup>1</sup>

Giuseppe Schillaci, Editor  
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British Journal of Nutrition (2015), 113, 239-248  
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**International Journal of Obesity**  
Journal home > Current issue > Original Articles > Abstract

**Original Article**  
 International Journal of Obesity (2015) 39, 961-967. doi:10.1038/sj.ijo.2015.01010

Behavior and Psychology  
 The effect of a low-energy food foam on measures during a 1-day reduced-energy diet

H P F Peters<sup>1</sup>, W P Koppenol<sup>1</sup>, E A H Schuring<sup>1</sup>, S L A ...  
<sup>1</sup>Unilever Research & Development, Vlaardingen, The Netherlands

**Diet and glycaemia: the markers and their meaning. A report of the**  
 11th European Association of Endocrinology Meeting

Collaborations with third parties is crucial to achieve our targets.

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