

Nestlé Wellness in Action News

Issue 6
September 2005

Products and Brands

Current new products



Thomy French dressing

0% cholesterol - Switzerland

A new cholesterol-free salad dressing with only 6.8 % fat and 0.7% saturated fatty acids is being offered in Switzerland. This salad dressing contains sunflower oil, rich in polyunsaturated fatty acids which studies show to help improve cholesterol levels. The product is an excellent choice as part of a low cholesterol diet.



Nestlé All Natural 99% Fat Free

Traditional Yogurt - Australia

This delicious smooth and creamy traditional style yogurt, made from all natural ingredients, is 99% fat free and has a low Glycemic Index. It also contains both acidophilus and bifidus and is high in calcium.

Buitoni Pasta Tomato Sauces - Italy

New single serving pasta sauces with cherry tomatoes, extra-virgin Italian olive oil and no added sugar. Now available in four varieties: Basil; Arrabiata; Norma; and Olives, Capers and Origano.

More information on these, and more product news, contact
Productinfo-news@nestle.com

Les ESSENTIELS®: Fighting malnutrition of the elderly: Nestlé France / Davigel

In 2000, Davigel S.A.S., a branch of Nestlé France Foodservices, analysed the nutritional composition of products provided to hospitals and nursing homes.

The Davigel study found that much of the food served in healthcare institutions did not meet the specific nutritional needs of the elderly.

This certainly contributed to the fact that malnutrition in the elderly was becoming increasingly widespread. The study thus helped identify a real need to focus on the nutritional needs of this age group.



As a result, Davigel S.A.S. launched *Les ESSENTIELS*® a product range created with the Product Technology Centre in Beauvais, using unique technical expertise. *Les ESSENTIELS*®, are frozen fruit and vegetable-based lozenges enriched in calcium, protein and fibre.

They are very versatile and can be incorporated into savoury or sweet recipes such as soups, purées, terrines and many types of desserts.

In France, soup is one of the most popular dishes served in nursing homes. A soup prepared with *Les ESSENTIELS*® and cooked in semi-skimmed milk contains:

- 4-5 times more protein than a normal vegetable soup and covers approx 1/3 of the French RDA
- 6-7 times more fibre than a leek soup
- More than 700 mg of calcium

This nutrient-dense product is specifically designed for the elderly, improves nutrient intake and thus contributes to improved nutritional status. The product is backed up by Davigel nutritionists who visit and offer nutrition advice to customers. Davigel has identified part of the problem of malnutrition in the elderly and *Les ESSENTIELS*® is part of the solution.

For more information, please contact, Laurence.Bonneveau@fr.nestle.com

Programmes

Brief Notes...



Colombia

Healthy Breakfast for Children: Since 2002, Nestlé de Colombia has collaborated with the Colombian Institute for Family Welfare (ICBF), by producing breakfast crackers for 640'000 children every day. These crackers are fortified with iron, minerals and vitamins. The initiative aims to improve the quality of life of one million children between 2 and 5 years in the most under-privileged areas and at high risk of malnutrition. 600 local areas are already covered by this initiative and more are planned for 2006.



Nigeria

The Nestlé Nutrition *Duchess Club* is an all female informal association of Nigerian women from diverse backgrounds, established in November 2000, with the aim of empowering women through acquisition of knowledge and skills in nutrition, home management, entrepreneurship and leadership. The *Duchess Club* provides nutrition education workshops focusing on healthier eating habits, food safety and food management for mothers and homemakers. To date the *Duchess Club* has 530 members in Nigeria and has reached over 500'000 women.

More information on these and other developments from
Programmeinfo-news@nestle.com

Active Playgrounds Get Kids Moving!

Canadian children are learning fun ways to lead a healthier, more active lifestyle thanks to the Canadian Intramural Recreation Association of Ontario (CIRA Ontario) and its *Active Playgrounds* program, which is supported by Nestlé Canada.

Active Playgrounds workshops get kids up and moving by reviving the lost art of playing simple, fun, non-competitive, active games.



They employ the "train the trainer" concept, teaching educators and recreation professionals new ideas and variations on popular Canadian playground classics such as hopscotch, four square, wall ball and skipping games.

Over half of Canadians aged 5-17 are not active enough for optimal growth and development¹, and only one third of school-aged children engage in active play for two hours or more a week, compared to two-thirds 10 years ago.



That's why CIRA Ontario developed the *Active Playgrounds* program – to promote increased physical activity among children through fun, cooperative play that encourages kids to turn off the TV and put away their video games! With Nestlé Canada's support, skilled trainers are conducting workshops across Canada.

¹ The Canadian Fitness and Lifestyle Research Institute.