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Nestlé Policy on Saturated Fat



Issuing department

Corporate Wellness Unit, Nestlé Research Center

Target audience

R&D, Application Groups, Marketing, Communication,
NHW Managers, Nutritionists,
Public Affairs, Regulatory Affairs, Legal Affairs

Approver

Executive Board Nestlé S.A.

Replaces

GI-31.025, December 2009 – The Nestlé Policy on the Level
of Saturated Fatty Acids in Food Products

Repository

All Nestlé Principles and Policies, Standards and
Guidelines can be found in the Centre online repository at:
<http://intranet.nestle.com/nestledocs>
This document is also available as GI-31.034 at:
http://thenest-eur-hq.nestle.com/TP/TP_OPIN/

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GI-31.034

Design

Nestec Ltd., Corporate Identity & Design,
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Nestlé Policy on Saturated Fat

As the world's leading Nutrition, Health and Wellness Company, Nestlé has always been committed to constantly improving both the nutritional benefits and taste of its food and beverage products. We pay particular attention to food safety and nutritional recommendations whilst complying with regulatory requirements and meeting consumer expectations.

The Company reiterates its commitment to continuous improvement with this Policy update to continue reducing the level of saturated fat in its food and beverage products and help consumers achieve target daily saturated fat intake corresponding to recommendations from the World Health Organization (WHO) and other leading international and national authorities.

Understanding saturated fat

Fats and oils are an important part of a healthy and balanced diet and are regarded as safe ingredients in food and beverage products worldwide. They provide energy, help us to absorb vitamins, and contribute to numerous essential body functions.

However, public health authorities recommend a reduction in saturated fat intake. For example, the WHO recommends that no more than 10 per cent of calories in our diet should come from saturated fat. This is because too much saturated fat in our diet can increase the level of 'bad' (low density lipoprotein) cholesterol in the blood, a risk factor for certain non-communicable diseases such as cardiovascular disease. However, in many countries around the world, saturated fat intake is above the recommended level.

Reducing the content of saturated fat in food and beverages is recommended as a measure to help promote a healthy diet.

Nestlé's commitment and target

Since the establishment of the first Nestlé Policy on saturated fat in 2009, the saturated fat levels of many products – especially children's products – have been significantly reduced.

Taking this further and demonstrating Nestlé's leadership in Nutrition, Health and Wellness, we have updated our Policy to help consumers achieve the recommended intake of no more than 10 per cent of calories from saturated fat, in line with globally recognised dietary guidelines.

Our Policy target is to further reduce the saturated fat content by an average of at least 10% over three years (2014-2016) in those products that do not meet the Nestlé Nutritional Foundation criteria for saturated fat as defined in the Nestlé Nutritional Profiling System.

The Nestlé Nutritional Profiling System is a rigorous system to evaluate the nutritional value of our products based on nutrition science and public health dietary recommendations from the WHO and other leading international and national authorities, translated into product nutrient level criteria, taking product composition and typical use into account.

Scope

The Nestlé Policy to reduce saturated fat applies to all food and beverage products for human consumption on a global basis, sold under brands owned by Nestlé. This includes a vast portfolio comprising ready meals, pizzas, noodles, confectionery, biscuits and ice cream, but has to exclude a few specific areas:

- i. Products in which the saturated fat content cannot be reduced below a certain amount due to compositional standards set by legal requirements, Codex Alimentarius or authoritative industry associations (e.g. chocolate, milk).
- ii. Products for special dietary uses tailored to specific needs of a consumer group (e.g. infant formula, clinical nutrition products).

This Policy forms a central part of Nestlé's ambition to enhance the quality of life of our consumers by providing healthier and tastier food and beverage choices. Nestlé actively supports scientific advancements in the area of saturated fat and its effect on health. As the world's leading Nutrition, Health and Wellness Company, we also continue to drive technological innovations that will enable further reduction of saturated fat in our product portfolio without compromising on safety, quality and taste.

