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# Nestlé Policy on Sugars



**Nestlé**

**Issuing department**

B-NHW / CT-NHW & Sustainability

**Target audience**

Research & Development, Application Groups, Marketing, Communication, NHW Managers, Nutritionists, Public Affairs, Regulatory & Scientific Affairs, Legal Affairs

**Approver**

Executive Board Nestlé S.A.

**Replaces**

December 2013 – Nestlé Policy on the Level of Sugars 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>

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# The Nestlé Policy on Sugars

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At Nestlé, we are constantly improving the nutritional and taste performance of our food and beverage products. This is one of the many actions we take to help fulfil our purpose: enhancing quality of life and contributing to a healthier future.

We pay particular attention to food safety and nutritional recommendations whilst complying with regulatory requirements and meeting consumer expectations.

**With this Policy update, the Company reiterates its commitment to further reduce the level of sugars in its food and beverage products and help consumers achieve target daily intakes of sugars corresponding to recommendations from the World Health Organization (WHO).**

## Understanding sugars

Sugars are a group of sweet substances that are a source of fuel for the body and brain. They are regarded as safe and highly versatile ingredients, adding sweetness, texture, flavour, colour and preservative properties to many different foods and beverages. Sugars occur naturally in fruits, milk, honey and some vegetables. Other major sources of sugars in our diets are those added during manufacturing, cooking and at the table.

The WHO's "Guideline. Sugars intake for adults and children" recommends that no more than 10 per cent of calories should come from free sugars, and suggests further reductions to less than 5 per cent of calories in our diet. Excessive intake of sugars is associated with an increased risk of certain non-communicable diseases (NCDs) including obesity, type 2 diabetes and cardiovascular diseases. However, around the world, the intake of sugars is usually above the recommended level.

The WHO action plan for the prevention and control of NCDs includes reducing the content of sugars in food and non-alcoholic beverages as a measure to help promote a healthy diet.

## Nestlé's commitment and target

Since the establishment of the first Nestlé Policy on sugars in 2007, the company has significantly reduced the amount of sugars in many Nestlé products – especially children products.

Taking this further, we have renewed our Policy on sugars to help consumers achieve global guidelines on sugars intake.

**Our Policy goal is to further reduce the sugars we add in our products by an average of at least 5% over four years (2017–2020) to support individuals and families in meeting global recommendations.**

## Scope

The Nestlé Policy to reduce sugars 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 drinks, biscuits, desserts and ice cream but has to exclude a few specific areas:

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

This Policy forms a central part of our commitment to offer tastier and healthier food and beverage choices. Nestlé actively supports scientific advancements in the area of sugars and their effects on health. We also continue to drive technological innovations that will enable the reduction of sugars we add in our product portfolio without compromising on safety, quality and taste and align with consumers' expectations for more natural products.

