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Nestlé Policy on *Trans* 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

December 2003 – Nestlé Policy on the Level
of *Trans* 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-31.036 at:
http://thenest-eur-hq.nestle.com/TP/TP_OPIN/

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Nestlé Policy on *Trans* 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 remove *trans* fat originating from partially hydrogenated oils from all its food and beverage products and help consumers achieve target daily *trans* fat intake corresponding to recommendations from the World Health Organization (WHO) and other leading international and national authorities.

Understanding *Trans* 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, *trans* fat is considered an unhealthy fat because it increases "bad" (low-density lipoprotein) cholesterol in the blood and is associated with an increased risk of certain non-communicable diseases such as cardiovascular disease. For example, the WHO recommends that no more than one per cent of calories in our diet should come from *trans* fat.

Small amounts of *trans* fat are found in most edible oils, and occur naturally in meat and dairy products. However, the majority of *trans* fat in our diet originates from foods containing partially hydrogenated oils. Partial hydrogenation of oil is a process to transform liquid oil into a solid fat in order to obtain specific product characteristics such as desired texture and increased shelf life. We are committed to removing *trans* fat originating from partially hydrogenated oils from all our food and beverage products.

Nestlé's commitment and target

Since the establishment of the first Nestlé Policy on *trans* fat in 1999, which was strengthened in 2003, *trans* fat levels in Nestlé products have been significantly reduced and the vast majority of products are now free of partially hydrogenated oils.

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 one per cent of calories from *trans* fat, in line with globally recognised dietary guidelines.

Our Policy target is to remove *trans* fat originating from partially hydrogenated oils from all our food and beverage products by the end of 2016.

Scope

The Nestlé Policy on *trans* fat applies to all food and beverage products for human consumption on a global basis, sold under brands owned by Nestlé.

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 *trans* 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 the elimination of *trans* fat from partially hydrogenated oils in our product portfolio without compromising on safety, quality and taste.

