

# Nestlé Policy on Sodium (Salt)



**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 Sodium 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 Sodium

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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 sodium (salt) in its food and beverage products and help consumers achieve target daily sodium (salt) intake levels corresponding to recommendations from the World Health Organization (WHO).**

## Understanding sodium (salt)

Sodium is an important mineral and an essential part of a healthy and balanced diet. The majority of sodium in our diets comes from salt added during manufacturing, cooking or at the table, though small amounts of sodium are naturally present in some foods. Besides seasoning, salt plays an important role in the preservation and texture of food products and is regarded as a safe ingredient in food and beverage products worldwide.

Elevated sodium intake is associated with increased blood pressure, a risk factor for certain non-communicable diseases (NCDs) such as cardiovascular diseases. Yet in many countries around the world, sodium intake is above the recommended level. The WHO action plan for the prevention and control of NCDs includes reducing the dietary intake of salt as a measure to help promote a healthy diet.

## Nestlé's commitment and target

Since the establishment of the first Nestlé Policy on sodium in 2005, the sodium levels of many products, including culinary products and breakfast cereals, have been significantly reduced.

Taking this further, we have renewed our Policy on sodium to help consumers achieve the WHO recommended intake levels of no more than 2000 mg of sodium (equivalent to 5 g of salt) per person, per day by 2025. With this target being Nestlé's longer term goal, our Policy goal is to further reduce the sodium we add to our products by an average of at least 10% over four years (2017–2020) in those products that are not yet aligned with our sodium targets based on the WHO recommendation of a maximum sodium daily intake of 2000 mg.

## Scope

The Nestlé Policy to reduce sodium 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 soups, noodles, recipe mixes, ready meals and pizzas but excludes a few specific areas:

- i. Natural mineral and spring waters as the composition cannot be modified as per standards set by Codex Alimentarius.
- 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 sodium and its effect on health. We also continue to drive technological innovations that will enable the reduction of sodium in our product portfolio without compromising on safety, quality and taste and align with consumers' expectations for more natural products.

