



# NUTRITION JOURNEY

## KNORR'S PURPOSE

**Knorr®** believes that wholesome, good food should be accessible and affordable to all. **Knorr®** has been on a journey for the past decade to reduce sodium across its portfolio to ensure all Americans can create meals they feel good about.



## MAKING BALANCED MEALS EASY

When you add vegetables and lean or plant-based protein to **Knorr®** Sides, you can create balanced meals that are delicious and nutritious while helping to increase the intake of critical nutrients such as Potassium, Vitamin A, Vitamin C and Fiber.



## 'BETTER-FOR-YOU' RECIPES

**Our Nutritious Meals Promote:**

- ▶ Underconsumed Positive Food Groups
- ▶ 1/2 cup of Veggies per serving
- ▶ Limiting Sodium to <600mg per serving\*
- ▶ Limiting Saturated Fat & Sugar

\*FDA 'Healthy' Sodium level for a Meal

## TIMELINE

**2010** Launched the Unilever Sustainability Living Plan with specific time-bound nutrition targets

**2015** Introduced 'Sides-to-Center' recipes to create balanced meals with the addition of lean protein & vegetables to **Knorr®** Sides

**2017** Introduced simplified ingredient labels with **Knorr®** Selects

**2019** Introduced **Knorr®** Selects with Whole Wheat and Gluten-Free options

**2021** All back-of-pack recipes on newly designed **Knorr®** Sides pouches will feature 'Better-For-You' recipes

## RECOMMENDED SALT INTAKES

Based on current dietary recommendations the average, healthy American should consume less than 2,300mg of sodium per day, which is about a teaspoon of table salt. However majority of Americans are consuming on average 3,400mg per day.



**2010-2020** **Knorr®** has achieved sodium reduction across its **Knorr®** Rice Sides & **Knorr®** Pasta Sides by an average of 25% and 20%, respectively. Sodium reduction continues across the portfolio.