

# **NUTRITION JOURNEY**

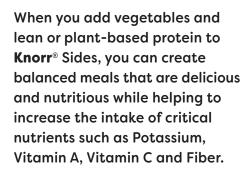


#### **KNORR'S PURPOSE**

**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





# '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.