



Welcome to the first issue of our newsletter, Unilever's Dish! We're excited to introduce this new way for us to connect with registered dietitian nutritionists and hopefully, to hear from YOU too! We are looking forward to sharing delicious recipes, valuable nutrition and scientific content and exclusive updates on new products!

Unilever is on a mission to make sustainable living commonplace. In North America, our team of registered dietitians works closely with product developers, chefs and our regulatory and marketing teams to help offer food that tastes good, feels good and is a force for good. Our iconic brands not only provide great taste to everyday meals, but can fit in a balanced and healthy lifestyle. We have been on a journey to improve the nutritional profile of our products and now offer a wide variety of options to help meet various lifestyle and dietary needs.

We hope you find this new communication of benefit to you and your practice and look forward to your feedback and engagement throughout the year.

In good health,

**Gina Ruskie, RDN**

*Lead Nutritionist for Unilever Foods North America*

## **Unilever Updates** —————

### **INTRODUCING OUR NEW AGENTS OF CHANGE**

We are excited to introduce the 2019 Agents of Change class. Since 2015, Unilever's Agents of Change program has highlighted RDNs who are changemakers in their field, pioneering innovative approaches to dietary guidance, championing food that's good for people and the planet, and motivating their communities.

# NUTRITION NEWS



The EAT-Lancet Commission, composed of global experts in health, nutrition and sustainability, recently released a state-of-the-art scientific assessment, [Our Food in the Anthropocene: Healthy Diets from Sustainable Food Systems](#), which integrates global scientific targets for a ‘healthy reference diet’ with those for key ‘planetary boundaries,’ to define a safe operating space for food systems. The overarching finding is that a diet rich in plant-based foods and with fewer animal source foods delivers both improved health and environmental benefits. The report is well aligned with Unilever’s Sustainable Living Plan for sustainable business growth - offering delicious food and beverages that are responsibly produced with less added sugar, saturated fat and salt and more vegetables, plant-based protein, whole grains and nutritious oils.



To encourage a public shift to diverse, plant-based eating, Knorr® has partnered with WWF and others on the [Future 50 Foods report](#), which highlights the importance of dietary diversity for health and agrobiodiversity by showcasing 50 nutritious, under-utilized ingredients we should incorporate into our diets. Adding a variety of delicious, nutritious foods to your plate is a small change that can have a big impact!

## DID YOU KNOW?

Consumers have questions about “plant-based” eating. To learn how to help dispel common myths and get recipe inspiration, [click here](#).



USDA Choose MyPlate has started a new campaign, [Start Simple with MyPlate](#), which will provide ideas and inspiration that Americans can easily incorporate into their busy lives to help them improve their health and well-being over time. As RDNs, we can all agree that starting simple can help lead to realistic and positive lifestyle change.

Join us and start sharing your healthy eating tips & recipes using [#StartSimplewithMyPlate](#).



# Get Cooking! \_\_\_\_\_

## Roasted Garlic Pesto, Broccolini & White Beans

[See Recipe >>>](#)



Try this delicious, nutritious, plant-based recipe or use as inspiration to create your own dish with Knorr®! Share tagging **#UnileverAgentsofChange**

[SEE RECIPE →](#)

## What's New On Shelf —



### TAZO® SPECIALTY TEAS

TAZO® is excited to offer two new specialty teas. The Matcha Mate Grapefruit™ is a vibrant matcha blend with energizing mate and perfect for days where you need a little focus. Turmeric Bliss™ offers a soothing experience by infusing an aromatic golden turmeric and sweet passionfruit flavor.

[READ MORE →](#)





## SIR KENSINGTON'S® VINAIGRETTES

These dressings are made with 100% Sunflower oil and are Non-GMO Project Verified, gluten free, soy free, sugar free, Kosher and contain no artificial preservatives, colors or flavors. This line includes four unique flavors: Pepperoncini Italian, Dijon Balsamic, Golden Citrus, and Raspberry Pink Peppercorn.

[READ MORE →](#)



## CULTURE REPUBLIC™ PROBIOTIC LIGHT ICE CREAM

A NEW Probiotic Ice Cream! Each pint (3 servings) contains: 3

billion live cultures, 16-18g of protein, 11-12g of prebiotic fiber, 400-500 calories, & no artificial sweeteners. Beyond probiotics, the brand supports culture through the arts, where 10% of profits support local arts organizations with each pack designed by emerging artists.

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