Your winter update from Unilever Nutrition & Health

Unilever

# Dear Fellow Registered Dietitian,

We're excited to share that our new **Unilever Nutrition & Health website** is now live! On the site, you'll find healthcare professional resources & toolkits, past RDN newsletters, and the latest nutrition buzz on our new blog.

In this issue of our newsletter, you'll learn of recent product launches, our new immunity support toolkit, and get delicious seasonal recipes!

As always, you can keep in touch with us any time at nutrition.health@unilever.com.

Warm regards,
Unilever Nutrition & Health Team

## New Seasonal Favorites

talenti
gelato & sorbetto

### Talenti Pumpkin Pie Layers & Peppermint Bark Gelato

Enjoy our new flavors as a holiday treat!

TRY PUMPKIN PIE LAYERS

TRY PEPPERMINT BARK

talenti
GELATO
Peppermint Bark
talenti
GELATO LAYERS
Pumpkin Pie

TAZO

## Tazo Golden Turmeric Latte Herbal Tea Concentrate

Add ¾ cup of reduced-fat milk for a delicious latte with just 130 calories & 8 grams of added sugars.

TRY TAZO GOLDEN LATTE

40 CALORIES PER 3/4 CUP CONCENTRATE
SERVING SUGGESTION
TAZO®
GOLDEN TURMERIC LATTE
Bask in a warm, savory blend of turmeric, cinnamon & ginger.
Blend with milk and enjoy hot or iced.
HERBAL TEA
CAFFEINE-FREE
32 FL OZ (1 QUART) 946 mL
HERBAL TEA CONCENTRATE

## Give Your Body Extra Support With Tea

A cup of these Lipton blends provides an excellent source of Vitamin C to help support your body's natural defenses.

TRY DAILY SUPPORT

TRY PROBIOTIC IMMUNE SUPPORT

Lipton
DAILY SUPPORT
TURMERIC | ECHINACEA | GINGER
HERBAL SUPPLEMENT WITH GREEN TEA
15 TEA BAGS
NET WT 0.79 OZ (22.5g)
Lipton
IMMUNE SUPPORT
TURMERIC • GINGER • VITAMIN C
FINELY GROUND HERBAL TEA WITH PROBIOTICS
12 SACHETS
12 - 0.035 OZ (1.0g)
NET WT 0.42 OZ (12g)
0 CALORIES PER STICK
T+PROBIOTIC
ENJOY HOT & COLD

## Sir Kensington's Vegan Mayo

Made with 100% sunflower oil & aquafaba (a natural egg substitute of chickpeas & water) for a vegan mayo that tastes like the real thing!

SHOP NEW VEGAN MAYO

Sir Kensington's
CLASSIC VEGAN MAYO
NON-GMO • 12 fl oz (354 mL)
Sir Kensington's
CHIPOTLE VEGAN MAYO
NON-GMO • 12 fl oz (354 mL)
Sir Kensington's
AVOCADO VEGAN MAYO
NON-GMO • 12 fl oz (354 mL)
Sir Kensington's
SPECIAL SAUCE VEGAN MAYO
NON-GMO • 12 fl oz (354 mL)
PLANT BASED • NOTHING ARTIFICIAL

Be sure to try all 4 flavors in your favorite recipes.
One of our favorites is this **Pesto Quinoa & Veggie Salad**!

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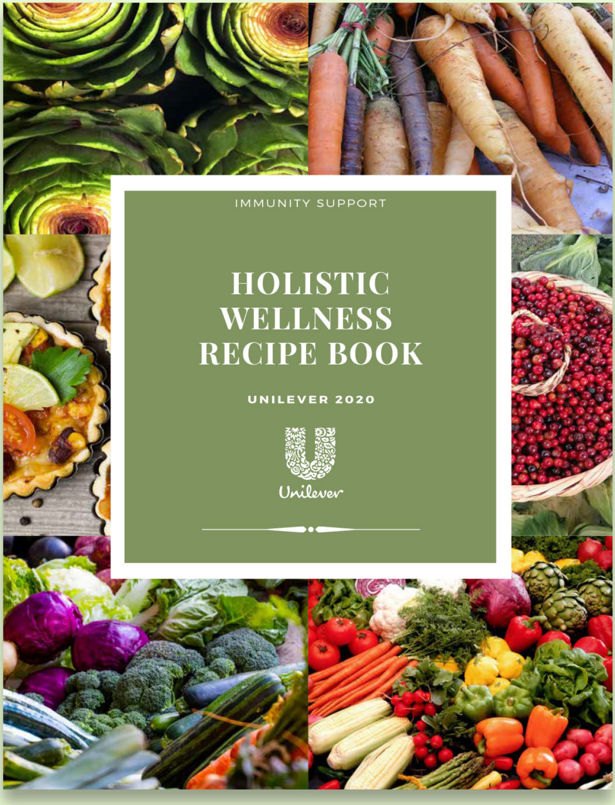
# Introducing the Unilever Holistic Wellness & Immunity Support Toolkit

With cold & flu season rapidly approaching, we created this toolkit highlighting foods that provide essential nutrients to help support immune function, along with delicious recipes.

DOWNLOAD NOW



IMMUNITY SUPPORT

# HOLISTIC WELLNESS RECIPE BOOK

UNILEVER 2020

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## Holiday Recipes

Are you entertaining over the holidays and don't know what to serve? We've got you covered with delicious ideas from appetizers to dessert!

EXPLORE RECIPES

## Did You Know...

Americans throw out approximately **150,000 tons** of food daily. Most commonly tossed are fruits, vegetables, dairy & meat.

We’re sharing creative ways to use leftovers & help reduce food waste. Discover More

## Unilever’s Purpose

In 2010, we launched our **Unilever Sustainability Living Plan** (USLP) to ensure our business can be a force for good.

Ten years later, we’re proud of our accomplishments & furthering our commitment with our new **Compass goals**. We are working to provide **responsibly delicious**, accessible & affordable products, while aiming to use more sustainably sourced ingredients, support farmers & reduce our environmental impact.

LEARN MORE

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ALSO PART OF THE UNILEVER FAMILY

Lipton Breyers Knorr Popsicle

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