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Nestlé
Good Food, Good Life

Nestlé Policy on Sugars

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Issuing department
Corporate Wellness Unit, Nestlé Research Center

Target audience
R&D, Application Groups, Marketing, Communication,
NHW Managers, Nutritionists,
Public Affairs, Regulatory Affairs, Legal Affairs

Approver
Executive Board Nestlé S.A.

Replaces
GI-31.021, April 2007 – The Nestlé Policy on the Level of Sugar 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
This document is also available as GI-31.033 at:
http://thenest-eur-hq.nestle.com/TP/TP_OPIN/

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Nestlé Policy on Sugars

As the world's leading Nutrition, Health and Wellness Company, Nestlé has always been committed to constantly improving both the nutritional benefits and taste of its food and beverage products. We pay particular attention to food safety and nutritional recommendations whilst complying with regulatory requirements and meeting consumer expectations.

The Company reiterates its commitment to continuous improvement with this Policy update to continue reducing the level of sugars in its food and beverage products and help consumers achieve target daily intake levels of sugars corresponding to recommendations from the World Health Organization (WHO) and other leading international and national authorities.

Understanding sugars

Sugars are a group of sweet substances which are a source of fuel for the body and brain. They are regarded as safe and highly versatile ingredients, adding sweetness, texture, flavour, colour and preservative properties to many different food and beverages. Sugars occur naturally in fruits, milk, honey and some vegetables. Other major sources of sugars in our diet are those added during manufacturing, cooking and at the table.

Public health authorities recommend a reduction in intake of sugars. For example, the WHO recommends that no more than 10 per cent of calories in our diet should come from free sugars. Excessive intake of sugars is associated with an increased risk of certain non-communicable diseases including obesity, type 2 diabetes and cardiovascular disease. However, in many countries around the world, the intake of sugars is above the recommended level.

Reducing the content of sugars in food and beverages is recommended as a measure to help promote a healthy diet.

Nestlé's commitment and target

Since the establishment of the first Nestlé Policy on sugars in 2007, the amount of sugars in many products – especially children's products – have already been significantly reduced.

Taking this further and demonstrating Nestlé's leadership in Nutrition, Health and Wellness, we have updated our Policy to help consumers achieve the recommended intake of no more than 10 per cent of calories from free sugars, in line with globally recognised dietary guidelines.

Our Policy target is to further reduce the content of sugars by an average of at least 10% over three years (2014-2016) in those products that do not meet the Nestlé Nutritional Foundation criteria for sugars as defined in the Nestlé Nutritional Profiling System.

The Nestlé Nutritional Profiling System is a rigorous system to evaluate the nutritional value of our products based on nutrition science and public health dietary recommendations from the WHO and other leading international and national authorities, translated into product nutrient level criteria, taking product composition and typical use into account.

Scope

The Nestlé Policy to reduce sugars 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 drinks, biscuits, desserts and ice cream but has to exclude a few specific areas:

i. Products in which the content of sugars cannot be reduced below a certain amount due to compositional standards set by legal requirements, Codex Alimentarius or authoritative industry associations (e.g. sweetened condensed milk).
ii. Products for special dietary uses tailored to specific needs of a consumer group (e.g. infant formula, clinical and sports nutrition products).
iii. Sugar and chocolate confectionery: We have ongoing R&D programs to address the challenges of reducing sugars and will establish a separate Policy focused specifically on improving the nutrient composition of these categories.

This Policy forms a central part of Nestlé's ambition to enhance the quality of life of our consumers by providing healthier and tastier food and beverage choices. Nestlé actively supports scientific advancements in the area of sugars and their effects on health. As the world's leading Nutrition, Health and Wellness Company, we also continue to drive technological innovations that will enable further reduction of sugars in our product portfolio without compromising on safety, quality and taste.