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Nestlé
Good Food, Good Life

Nestlé Policy on Sodium (Salt)

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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-31.031, October 2012 – Nestlé Policy on the Level of Sodium (Salt) 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-31.035 at:
http://thenest-eur-hq.nestle.com/TP/TP_OPIN/

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Nestlé Policy on Sodium (Salt)

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 sodium (salt) in its food and beverage products and help consumers achieve target daily sodium (salt) intake corresponding to recommendations from the World Health Organization (WHO) and other leading international and national authorities.

Understanding sodium (salt)

Sodium is an important mineral and an essential part of a healthy and balanced diet. The majority of sodium in our diet comes from salt added during manufacturing, cooking or at the table, though small amounts of sodium are naturally present in some foods. Besides seasoning, salt plays an important role in the preservation and texture of food products and is regarded as a safe ingredient in food and beverage products worldwide.

Elevated sodium intake is associated with increased blood pressure, a risk factor for certain non-communicable diseases such as cardiovascular disease. Yet in many countries around the world, sodium intake is above the recommended level.

Reducing the content of sodium 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 sodium in 2005, the sodium levels of many products, including culinary products and breakfast cereals, have been significantly reduced.

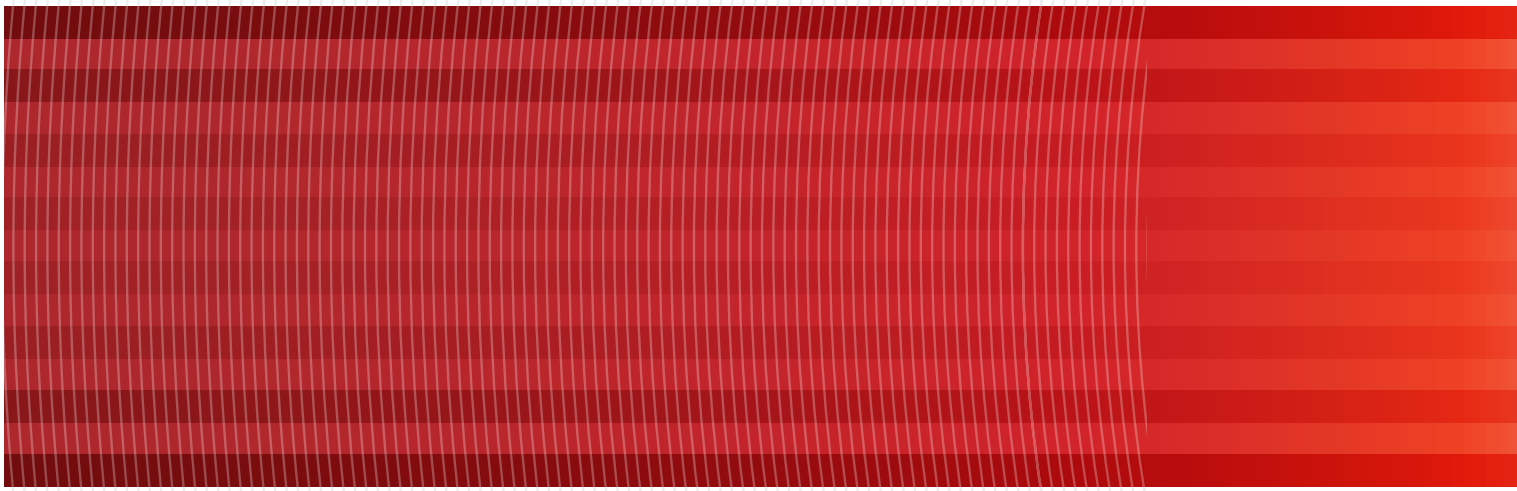
Taking this further and demonstrating Nestlé's leadership in Nutrition, Health and Wellness, we have updated our Policy to accelerate the reduction of salt in our products and help consumers achieve the recommended intake of no more than 5 g of salt per person, per day by 2025, in line with globally recognised dietary guidelines. With this being Nestlé's longer term goal, we have set an interim target to support the reduction of salt intake to 6 g per person, per day by the end of 2016.

Our Policy target is to further reduce the sodium content by an average of at least 10% over four years (2013-2016) in those products that do not meet the Nestlé Nutritional Foundation criteria for sodium 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 sodium 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 soups, noodles, recipe mixes, ready meals and pizzas but has to exclude a few specific areas:

i. Natural mineral and spring waters as the composition cannot be modified as per standards set by Codex Alimentarius.
ii. Products for special dietary uses tailored to specific needs of a consumer group (e.g. infant formula, clinical and sports nutrition products).

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 sodium and its effect 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 sodium in our product portfolio without compromising on safety, quality and taste.