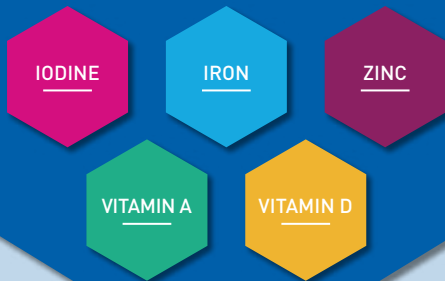




Unilever

PROVIDING ESSENTIAL MICRONUTRIENTS



UNILEVER HELPS TO ADDRESS SUSTAINABLE DEVELOPMENT GOALS (SDGs)

The SDGs aim to end all forms of hunger and malnutrition by 2030, making sure all people – especially children – have access to sufficient and nutritious food all year round



End hunger, achieve food security and improved nutrition and promote sustainable agriculture

OUR COMMITMENT

By the year 2022, **200 BILLION** servings of our products will provide at least 1 critical micronutrient (iodine, iron, vitamin A, vitamin D and zinc)



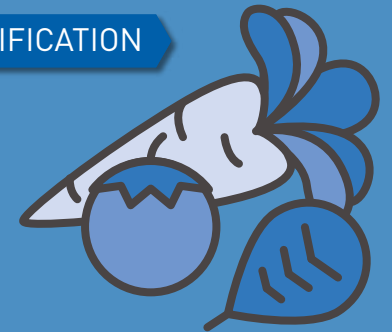
FOOD FORTIFICATION

We add nutrients to commonly eaten foods to maintain or improve the quality of the diet



DIETARY DIVERSIFICATION

We improve the quality of the diet by addressing the availability and consumption of micronutrient-rich foods



DEFICIENCIES IN MICRONUTRIENTS

Deficiencies in micronutrients can have devastating consequences. At least half of the children worldwide aged 6 months to 5 years suffer from one or more micronutrient deficiency.

2,000,000,000
PEOPLE ARE AFFECTED BY MICRONUTRIENT DEFICIENCY GLOBALLY



IODINE

IODINE IS ESSENTIAL FOR

BRAIN DEVELOPMENT



AND GROWTH

IODINE DEFICIENCY

IODINE INTAKES ARE STILL INSUFFICIENT in pregnant women in many countries*

Median urinary iodine concentration (mUIC) in pregnant women

- Insufficient iodine intake (mUIC <150 µg/l)
- Adequate iodine intake (mUIC 150-499 µg/l)
- No data available

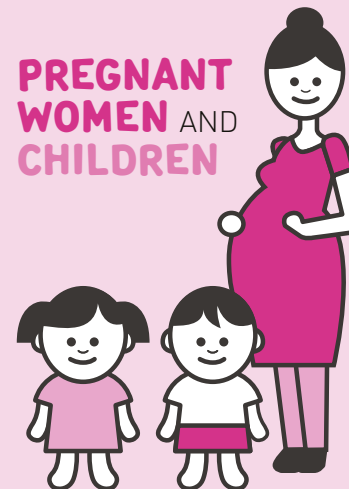
*Gizak M, Rogers L, Gorstein J, Zimmermann M, Andersson M. Global iodine status in school-age children, women of reproductive age, and pregnant women in 2017. Iodine Global Network.

IODINE DEFICIENCY CAN LEAD TO

impaired thyroid function, goiter and mental impairment

VULNERABLE GROUPS

PREGNANT WOMEN AND CHILDREN



TAKING ACTION

We aim to use only **IODISED SALT** in our savoury portfolio globally, in line with WHO recommendation for Universal Salt Iodisation

All our products in **LATIN AMERICA** and a substantial number of Knorr Soups in **EUROPE** are fortified with **IODINE**



In **AFRICA** and **INDIA**, Annapurna salt is fortified with **IODINE**

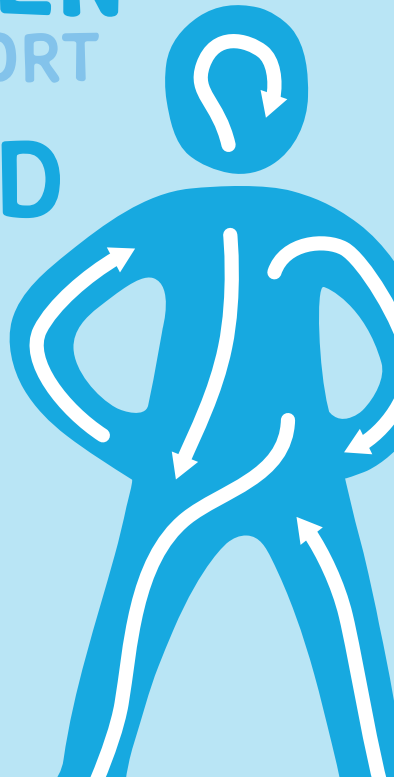


The widespread use of **IODISED SALT** has made a difference to control iodine intakes, yet constant vigilance is needed to ensure sufficient iodine supply

IRON

IRON IS ESSENTIAL FOR

HEALTHY
OXYGEN
TRANSPORT
IN THE
BLOOD



30%
WOMEN AND GIRLS
WORLDWIDE ARE
ANAEMIC



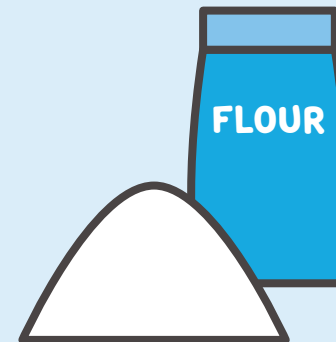
50%
IS DUE TO
**LOW DIETARY
IRON INTAKES**

IRON DEFICIENCY
CAN LEAD TO

anaemia
which results in
**decreased
productivity**
and
**impaired
cognitive
performance**

**FORTIFICATION
OF STAPLES**

like flour with iron is a key
public health measure
to boost intakes



TAKING ACTION

In key countries,
we are fortifying our
bouillon cubes with
IRON
which we've shown
to be bioavailable*



We run behaviour-change
programmes to encourage
cooking with iron rich/
micronutrient-rich foods to have
more nutritious dishes/meals



An example is the Get your iron
up! Programme, which reached
280,000 HOUSEHOLDS
in Kenya in 2019

In India,
a variant of
Annapurna
wheat flour is
fortified with
**IRON, FOLIC
ACID &
VITAMIN B12**



* Cercamondi CI, Duchateau GS, Harika RK, van den Berg R, Murray P, Koppenol WP, Zeder C, Zimmermann MB, Moretti D. Sodium pyrophosphate enhances iron bioavailability from bouillon cubes fortified with ferric pyrophosphate. Br J Nutr. 2016 Aug;116:496-503.

ZINC

ZINC IS ESSENTIAL FOR

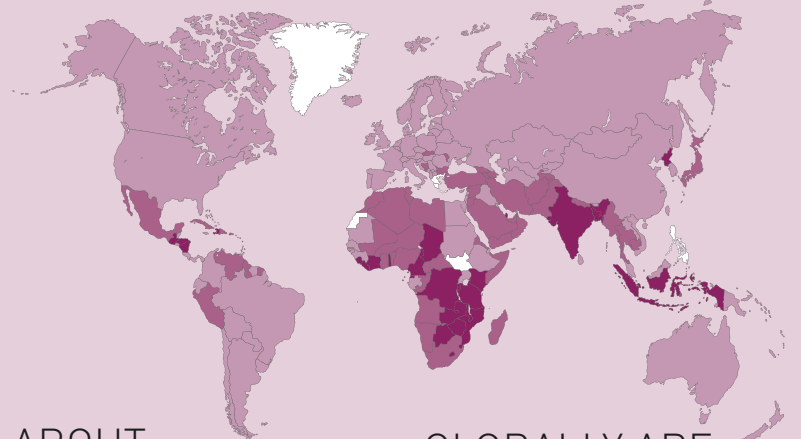
FUNCTIONING
**IMMUNE
SYSTEM**



HEALTHY
GROWTH AND
DEVELOPMENT

ZINC DEFICIENCY

High risk >25% Low risk <15%
Medium risk >15-25% No data available



ABOUT
**1 IN 6
PEOPLE**

GLOBALLY ARE
ESTIMATED TO
BE STUNTED AS
A RESULT OF
ZINC DEFICIENCY*

* Source: Wessells KR, Brown KH. Estimating the global prevalence of zinc deficiency: results based on zinc availability in national food supplies and the prevalence of stunting. PLoS One. 2012;7(11):e50568.

ZINC DEFICIENCY
CAN LEAD TO

impaired growth
and
increased
susceptibility
to
infectious
diseases



TAKING ACTION

Our flavoured Maizena products
in Latin America are fortified with

ZINC

as well as with other key
micronutrients



CREMOGEMA

is a delicious product used by
Brazilian families that is
fortified with **ZINC**,
iron, vitamins A, B1, B3, B6,
B12, C and folic acid

We are currently exploring more
ways of fortifying our products with
ZINC

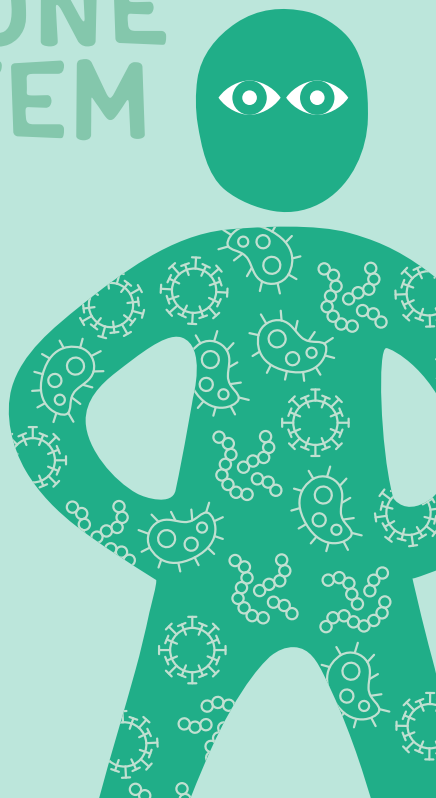
VITAMIN A

VITAMIN A IS ESSENTIAL FOR

GOOD EYESIGHT

AND HEALTHY

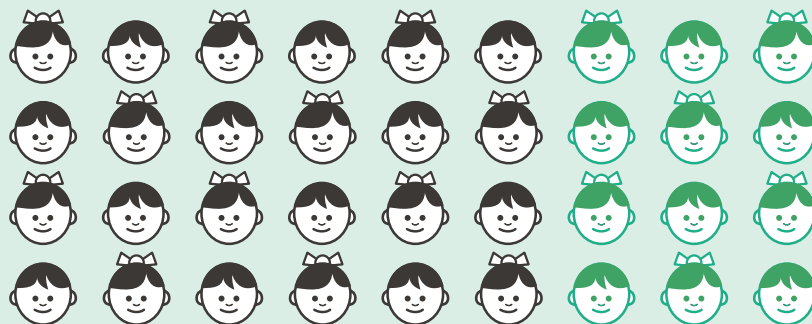
IMMUNE SYSTEM



VITAMIN A DEFICIENCY

ABOUT

ONE THIRD OF PRE-SCHOOL CHILDREN GLOBALLY SUFFER FROM VITAMIN A DEFICIENCY



VITAMIN A DEFICIENCY CAN LEAD TO

B
L I
N D N
E S S

Routine fortification of staples like **OIL AND FLOUR** as well as use of **SUPPLEMENTS** has helped to control vitamin A deficiency



TAKING ACTION

In Vietnam, we offer various seasoning products fortified with

VITAMIN A



Flavoured Maizena products in Latin America are fortified with

VITAMIN A

DIETARY DIVERSIFICATION

Many of our soups and mealmakers and our nutritious cooking programmes help to increase intakes of ingredients rich in vitamin A

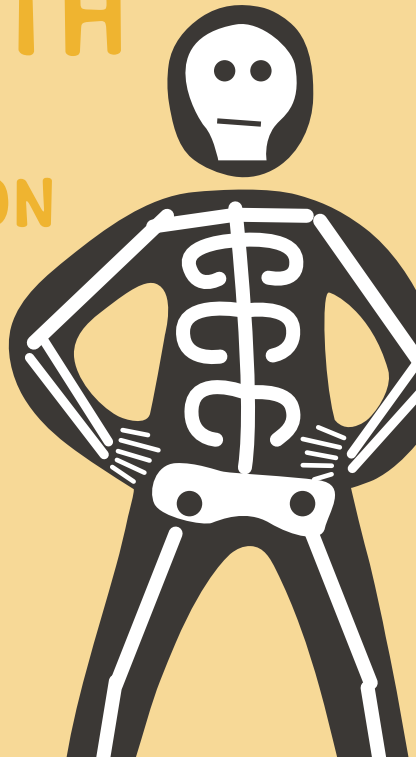


VITAMIN D

VITAMIN D IS NEEDED FOR

CALCIUM ABSORPTION, BONE HEALTH

AND IMMUNE FUNCTION



VITAMIN D DEFICIENCY

**ABOUT 1 IN
14 PEOPLE**
have vitamin D
deficiency globally*

Mean serum concentration of
25-hydroxyvitamin D levels



* Source: Wahl D. A. et. al. ; A global representation of vitamin D status in healthy populations; Arch Osteoporos (2012) 7:155-172 Schoor, N. et. al.; Global Overview of Vitamin D Status, Endocrinology and Metabolism Clinics of North America, (2017) 46, 4, 845-870

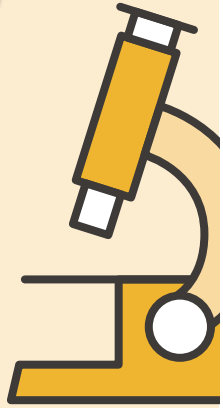
VITAMIN D DEFICIENCY CAUSES

rickets in
children
and
osteoporosis
and
bone fractures
in elderly

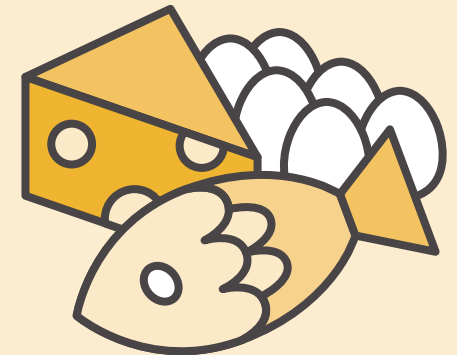
It's estimated
that up to
50%
of people in
**THE US,
UK AND
BRAZIL**
have inadequate
vitamin D intakes

TAKING ACTION

We are currently
exploring the
best ways to
fortify our
products with
VITAMIN D



When people can't get enough
DIRECT SUNLIGHT
significantly more vitamin D
must come from
FOOD SOURCES,
fortified foods and supplements



CHALLENGES WE FACE AS A GLOBAL FOODS MANUFACTURER



1

Different countries have different regulations about the amount of fortificant allowed in food products

2

Many people do not understand the benefit of fortification and prefer to see their food products with only simple, recognisable ingredients rather than with complicated sounding chemicals



3

We therefore conduct advocacy in an open, transparent way to create a positive environment for fortified products among consumers and among policy makers



POSITIVE IMPACT

FORTIFICATION PRINCIPLES

- ◆ To maximise our impact, we choose commonly consumed products for our fortification programmes
- ◆ The choice of the food vehicle is guided by our Unilever nutritional guidelines, which are based on WHO and FAO directions
- ◆ We aim to deliver a meaningful amount, striving for at least 15% of the recommended dietary allowance per serving, in line with regulations
- ◆ Safety is crucial when deciding on fortificants and their levels

Our foods and beverages products reach **BILLIONS** of consumers around the world every day

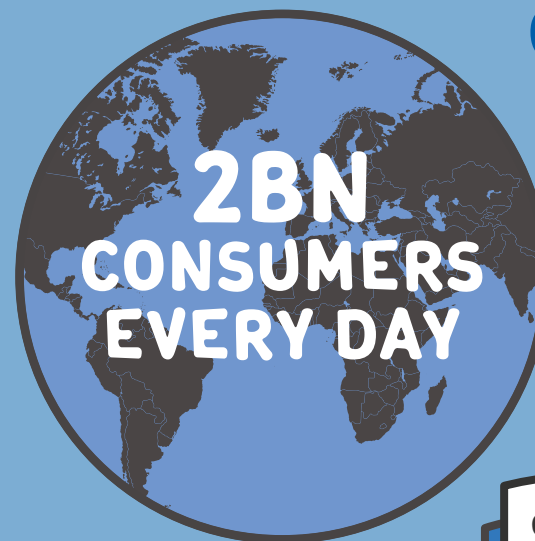
The scale of our reach with regularly consumed products means that we can have

POSITIVE IMPACT

Our soups and mealmakers in South East Asia provide up to

40% RDA OF IODINE

when they are made with iodised salt



OUR HIGHEST NUTRITION STANDARDS (HNS)

are a key consideration when we fortify, yet some products are excellent vehicles but will never be HNS, like iodised salt

