

Unilever Highest Nutritional Standards (2018)

All values presented are maximum levels unless otherwise stated

PRODUCT GROUP	ENERGY	SODIUM	SATURATED FAT	SUGARS	TRANS FAT from PHVO
Spreads and Cooking Products	NA	470 mg/100g 600 mg/100g salted spreads countries ¹ or 1.3 mg/kcal	33 % tot fat tropical spreads 38 % tot fat ²	NA	≤1 g/100g
Emulsion-based sauces	NA	750 mg/100g mustards 2000 mg/100g	33 % tot fat or 2g/100	15 %en total sugars or 7 g added sugar/100g	
Water-based sauces	NA	750 mg/100g	NA	7 g added sugar/100g	
Dairy cream alternatives	NA	1.3 mg/kcal or 100mg/100g	33 % tot fat or 2g/100g	7 g added sugar/100g	
Cream cheese	NA	675 mg/100g	15 g/100g	NA	
Main dishes	2 kcal/g or 700 kcal/serve	250 mg/100g	10 %en	15 %en total sugars	
Side dishes	2 kcal/g or 400 kcal/serve	250 mg/100g	10 %en	15 %en from total sugars	
Processed meat and fish	2 kcal/g or 400 kcal/serve	800 mg/100g	5 g/100g	NA	
Meal sauces	NA	340 mg/100g	2 g/100g	NA	
Bread and breakfast cereals	NA	375 mg/100g	NA	20 g added sugars/100g	
Small meals	400 kcal/serve	250 mg/100g	10 %en	15 %en total sugars	
Seasonings	NA	265 mg/100g	NA	NA	
Soups & Bouillons	NA	265 mg/100g	2 g/100g	NA	
Ice cream & Water ices	110 kcal/serve	NA	3 g/serve	20 g added sugars/100g or 12 g total sugar/serve	
Savoury snacks	110 kcal/serve	300 mg/100g	13 %en	NA	
Sweet snacks	110 kcal/serve	300 mg/100g	3 g/serve	20 g added sugars/100g	
Beverages	NA	NA	NA	RTD tea: 5 g total sugar/100mL; Other: 5 g added sugar/100g	
All other products	NA	100 mg/100g or 1.3 mg/kcal	1 g/100g or 25 % tot fat or 10 %en	3 g added sugars/100g or 15 %en total sugars	

¹ Salted spread countries = UK & Ireland, Sweden, USA, Canada, Trinidad, Tobago, Brazil, Chile, Colombia, Ecuador, El Salvador, Guatemala, Mexico, Panama, Paraguay, Peru, Uruguay, South and Central Africa

² Spreads sold in tropical areas, without chilled distribution