



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)



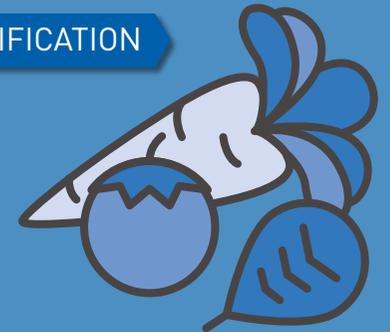
### FOOD FORTIFICATION

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

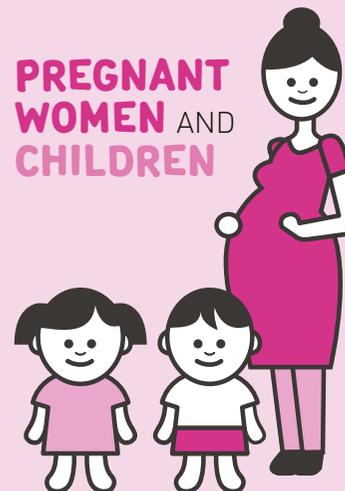
\*Gizak M, Rogers L, Gorstein J, Zimmermann M, Andersson M. Global iodine status in school-age children, women of reproductive age, and pregnant women in 2017. Iodine Global Network.

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**

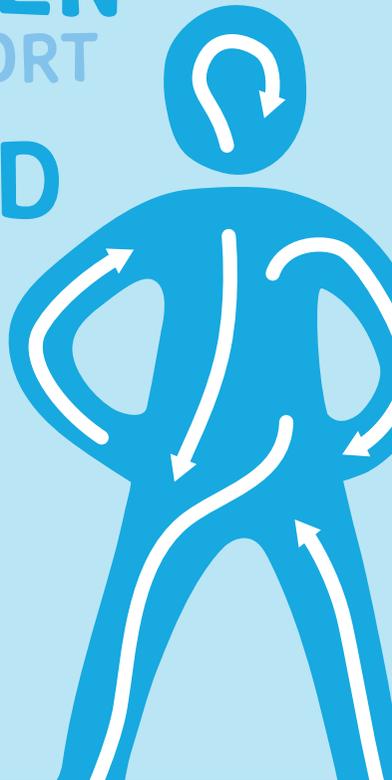


The widespread use of **IODISED SALT** has made a difference to control iodine intakes, yet constant vigilance is needed to ensure sufficient iodine supply

# IRON

IRON IS ESSENTIAL FOR

HEALTHY  
**OXYGEN**  
TRANSPORT  
IN THE  
**BLOOD**



**30%**  
WOMEN AND GIRLS  
WORLDWIDE ARE  
**ANAEMIC**



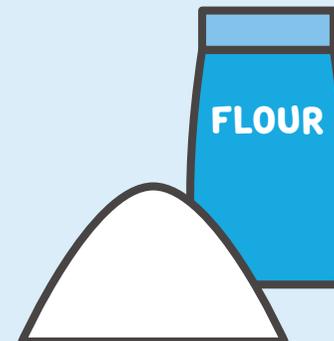
**50%**  
IS DUE TO  
**LOW DIETARY  
IRON INTAKES**

IRON DEFICIENCY  
CAN LEAD TO

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

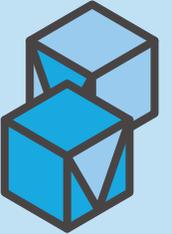
**FORTIFICATION  
OF STAPLES**

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

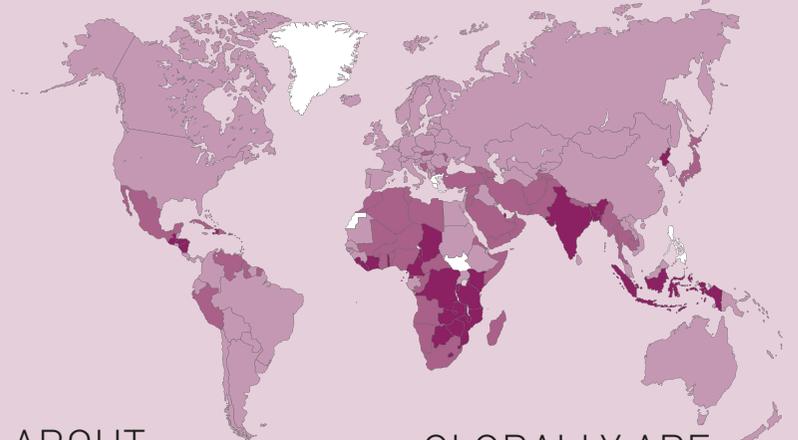
FUNCTIONING  
**IMMUNE  
SYSTEM**



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**

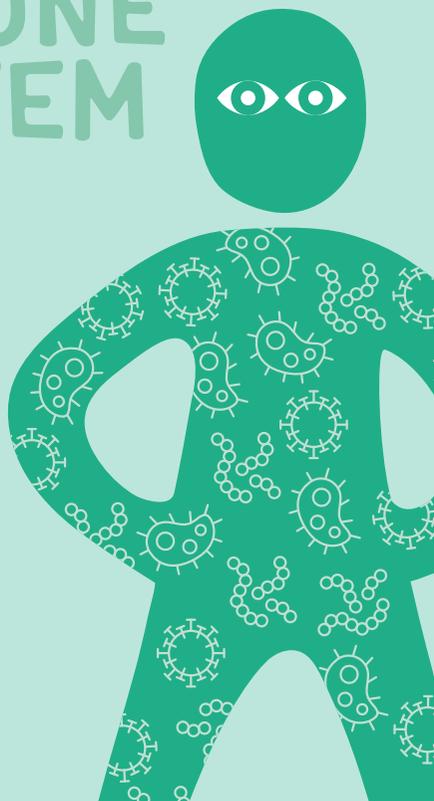
# VITAMIN A

VITAMIN A IS ESSENTIAL FOR

# GOOD EYESIGHT

AND HEALTHY

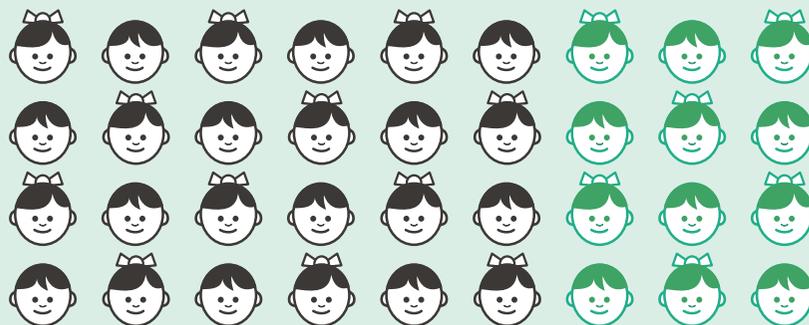
# IMMUNE SYSTEM



## 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

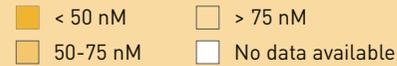
# AND IMMUNE FUNCTION



## VITAMIN D DEFICIENCY

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

Mean serum concentration of  
25-hydroxyvitamin D levels

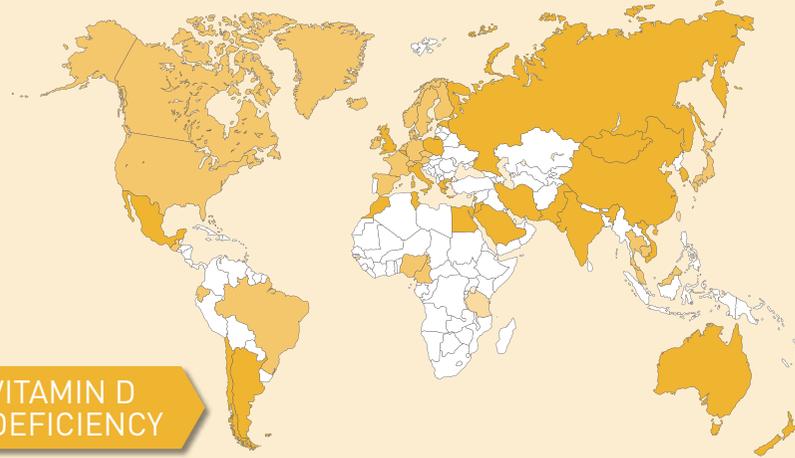


\* Source: Wahl D. A. et. al. ; A global representation of vitamin D status in healthy populations; Arch Osteoporos (2012) 7:155-172 Schoor, N. et. al.; Global Overview of Vitamin D Status, Endocrinology and Metabolism Clinics of North America, (2017) 46, 4, 845-870

## 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

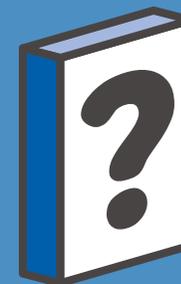


1

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



### OUR PRODUCTS:



- ✓ Taste good
- ✓ Help people feel good
- ✓ Are a force for good