

Unilever Highest Nutritional Standards (November 2013)

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	NA	≤1 g/100g
Emulsion-based sauces	NA	750 mg/100g mustards 2000 mg/100g spritizers: 1250 mg/100g	33 %tot fat	15 %en total sugars	≤1 g/100g
Water-based sauces	NA	750 mg/100g	NA	15 %en total sugars	≤1 g/100g
Dairy cream alternatives	NA	1.3 mg/kcal	33 %tot fat	NA	≤1 g/100g
Cream cheese	NA	675 mg/100g	15 g/100g	NA	≤1 g/100g
Main dishes	2 kcal/g or 700 kcal/serve	1.6 mg/kcal	10 %en	15 %en total sugars	≤1 g/100g
Side dishes	2 kcal/g or 400 kcal/serve	250 mg/100g	10 %en	15 %en total sugars	≤1 g/100g
Processed meat and fish	2 kcal/g or 400 kcal/serve	800 mg/100g	25 %tot fat	NA	≤1 g/100g
Meal sauces	NA	340 mg/100g	2 g/100g	NA	≤1 g/100g
Bread and Breakfast cereals	NA	375 mg/100g	NA	20 g added sugars/100g	≤1 g/100g
Filled sandwiches/rolls	2 kcal/g or 400 kcal/serve	1.4 mg/kcal	10 %en	15 %en total sugars	≤1 g/100g
Seasonings	NA	265 mg/100g	NA	NA	≤1 g/100g
Soups	NA	265 mg/100g	2 g/100g	NA	≤1 g/100g
Ice creams and Water ices	110 kcal/serve	NA	3 g/serve (1.5g/serve if ≤ 60 kcal/ serve)	20 g added sugars/100g	≤1 g/100g
Savoury snacks	110 kcal/serve	300 mg/100g	13 %en	NA	≤1 g/100g
Sweet snacks	110 kcal/serve	300 mg/100g	3 g/serve	20 g added sugars/100g	≤1 g/100g
Beverages	NA	NA	NA	RTD tea: 5 g total sugar/100mL; Other: 5 g added sugar/100g	≤1 g/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 g/100g

¹Salted 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