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.

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

200 BILLION

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).

OUR COMMITMENT

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.

UNILEVER

IODINE
IRON
ZINC

VITAMIN A
VITAMIN D

End hunger, achieve food security and improved nutrition and promote sustainable agriculture.
Iodine is essential for brain development and growth. Iodine deficiency can lead to impaired thyroid function, goiter, and mental impairment. 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

Vulnerable groups include pregnant women and children. The widespread use of iodised salt has made a difference to control iodine intakes, yet constant vigilance is needed to ensure sufficient iodine supply.

In Africa and India, Annapurna salt is fortified with iodine. All our products in Latin America and a substantial number of Knorr Soups in Europe are fortified with iodine.

We aim to use only iodised salt in our savoury portfolio globally, in line with WHO recommendation for Universal Salt Iodisation.

Fortification of staples like flour with iron is a key public health measure to boost intakes.

50% is due to low dietary iron intakes.

30% women and girls worldwide are anaemic.

Iron deficiency can lead to:
- anaemia, which results in decreased productivity and impaired cognitive performance.

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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 key countries, we are fortifying our bouillon cubes with iron which we’ve shown to be bioavailable*.

An Indian variant of Annapurna wheat flour is fortified with iron, folic acid & vitamin B12.

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ZINC IS ESSENTIAL FOR FUNCTIONING IMMUNE SYSTEM

ABOUT 1 IN 6 PEOPLE GLOBALLY ARE ESTIMATED TO BE STUNTED AS A RESULT OF ZINC DEFICIENCY*


ZINC DEFICIENCY CAN LEAD TO:
- impaired growth
- increased susceptibility to infectious diseases

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

**GOOD EYESIGHT AND HEALTHY IMMUNE SYSTEM**

**VITAMIN A IS ESSENTIAL FOR**

**VITAMIN A DEFICIENCY**

**ABOUT**

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

**VITAMIN A DEFICIENCY CAN LEAD TO**

**BLINDNESS**

**TAKING ACTION**

In Vietnam, we offer various seasoning products fortified with **VITAMIN A**

Flavoured Maizena products in Latin America are fortified with **VITAMIN A**

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

**DIETARY DIVERSIFICATION**

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

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CALCIUM ABSORPTION, BONE HEALTH AND IMMUNE FUNCTION

VITAMIN D IS NEEDED FOR

VITAMIN D DEFICIENCY

ABOUT 1 IN 14 PEOPLE have vitamin D deficiency globally*

Mean serum concentration of 25-hydroxyvitamin D levels

- < 50 nM
- 50-75 nM
- > 75 nM
- No data available


VITAMIN D DEFICIENCY CAUSES

- rickets in children
- osteoporosis
- 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

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vitamin D intakes
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.

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

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.

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

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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 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.

POSITIVE IMPACT

Our soups and mealmakers in South East Asia provide up to 40% RDA of iodine when they are made with iodised salt.

2BN CONSUMERS EVERY DAY

OUR PRODUCTS:
- Taste good
- Help people feel good
- Are a force for good

POSITIVE IMPACT

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