



Nutrition, Health and Wellness Commitments

Nestlé Nutritional Profiling System

The way Nestlé makes its products more nutritious



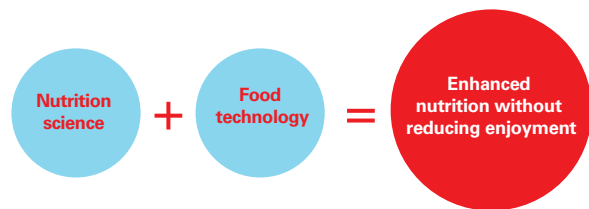
What is it?

A practical science-driven way to turn dietary guidelines and nutrient recommendations into more nutritious foods.

Why does Nestlé have it?

To ensure that our product innovation and reformulation efforts are aligned with our Nutrition, Health and Wellness commitments and based on scientific evidence and public health recommendations.

How do we use it?



[Click here to learn more](#)



1
STEP

Product category and its role in the diet

First, we define the product's role in the diet.
E.g: On our tray below, Grilled Chicken breast with steamed rice is the main dish, soup the starter, fruit parfait the dessert and water the drink.

Next, we determine the product's main ingredient.
E.g: Oat soup, oat is the main ingredient..

Last, we look at how the product is made.
E.g: Oat soup undergoes a drying process; which is where fat is important to preserve the overall texture of all soup ingredients.

Using this decision tree, products are classified in one of 32 product categories developed for the Nestlé Nutritional Profiling System (NNPS).



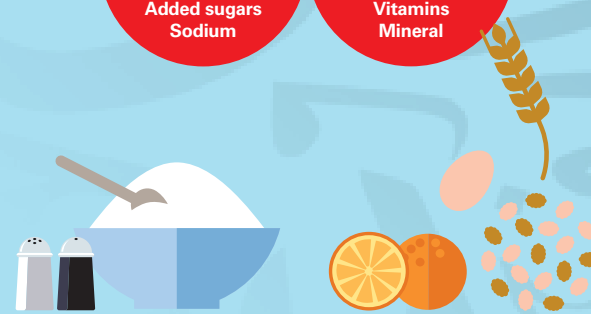
2
STEP

Which nutrients to limit or encourage

We use international and national dietary guidelines and nutrient consumption recommendations (e.g. from WHO, Codex, IOM) to determine which nutrients to encourage and which to limit. Nutrients to encourage are food category specific (e.g. fiber in oat rich soup, whole-grains in cereal-based products) and nutrients to limit are set for all categories.

What do we want to limit?
Energy
Total fat
SFA, TFA
Added sugars
Sodium

What do we want to encourage?
Protein
Fibre & Wholegrain
Vitamins
Mineral



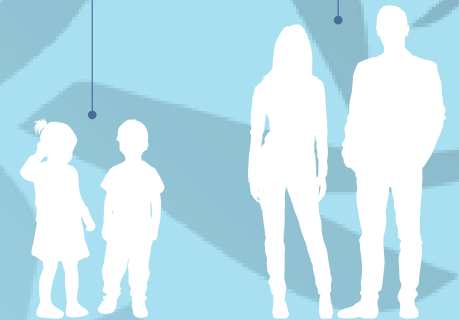
3
STEP

Who is the product for?

We identify the most likely consumers of the product (also called the 'target' consumer), since nutrient needs differ between children, adolescents and adults.

Children
(4-8 years & 9-11 years)

Adults



4
STEP

How much is a serving?

In Nestlé we believe that each product can be part of a balanced diet, so we ask ourselves how much people eat of each product (what is the average portion) and we reformulate our products based on the reconstituted serving consumed. The portion or serving sizes are based on local consumption data.



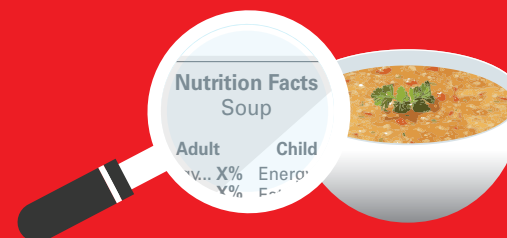
5
STEP

Assess the product

The first 4 steps allow us to set specific nutrient targets for each category and by age group. Nutritionists adjust these targets according to their local market data after identifying the serving size.

Products that do not meet targets are reformulated to improve the nutritional value.

Products that achieve the targets are said to achieve the Nestlé Nutritional Foundation status ('NF status').



How we're doing

NNPS reformulation efforts led to decreases in:



Soup
Sodium -7.2%
Fat -14.1%



Cappuccino
Sugar -10%

Locally in Nestlé Middle East market, 88% of our products overall achieved NF status

100% of our locally innovated kids products meet the NNPS criteria and achieved the NF status

The way Nestlé makes its products more nutritious

Nestlé Nutritional Profiling System (NNPS)

WHAT IS MY FOOD'S...

1
STEP

ROLE IN THE DIET?

MAIN INGREDIENT?

PRODUCTION METHOD?

32 NNPS FOOD CATEGORIES

REFORMULATE

Fail

Achievement: Soup fat content has decreased by 14.1%

Pass

Does the soup achieve the targets?

Products that meet the set targets are said to achieve the Nestlé Nutritional Foundation status

Nutrition Facts
Soup

Adult Child
% Daily Value % Daily Value
Energy Energy

5
STEP

ASSESS THE PRODUCT AGAINST THE NUTRIENT TARGETS

DOES THE SOUP ACHIEVE THE TARGETS?

| Adults | Children |
|---------------------|---------------------|
| Energy: 200Kcal | Energy: 170Kcal |
| Saturated fat: 1.5g | Saturated fat: 1.4g |
| Added sugar: 2.5g | Added sugar: 2.1g |
| Sodium: 792mg | Sodium: 462mg |

4
STEP

HOW MUCH IS EATEN?



Saturated fat 20g
Protein 50g
Added sugar 50g
Sodium 2400mg
Fiber 25g
Based on 2000 Kcal diet



Adults



Saturated fat 19g
Protein 24g
Added sugar 42.5g
Sodium 1400mg
Fiber 15g
Based on 1700 Kcal diet



Children

3
STEP

WHO IS IT FOR AND WHAT ARE RECOMMENDED DAILY INTAKES?

2
STEP

WHICH NUTRIENTS TO CONSIDER FOR THAT CATEGORY?

What do we want to limit?
Energy
Total fat
SFA, TFA
Added sugars
Sodium

What do we want to encourage?
Protein
Fibre & Whole grain
Vitamins
Minerals

Examples

Breakfast Cereals



Soups



Milk