NUTRITION JOURNEY

KNORR’S PURPOSE

Knorr® believes that wholesome, good food should be accessible and affordable to all. Knorr® has been on a journey for the past decade to reduce sodium across its portfolio to ensure all Americans can create meals they feel good about.

MAKING BALANCED MEALS EASY

When you add vegetables and lean or plant-based protein to Knorr® Sides, you can create balanced meals that are delicious and nutritious while helping to increase the intake of critical nutrients such as Potassium, Vitamin A, Vitamin C and Fiber.

‘BETTER-FOR-YOU’ RECIPES

Our Nutritious Meals Promote:

- Underconsumed Positive Food Groups
- 1/2 cup of Veggies per serving
- Limiting Sodium to <600mg per serving*
- Limiting Saturated Fat & Sugar

*FDA ‘Healthy’ Sodium level for a Meal

TIMELINE

- **2010** Launched the Unilever Sustainability Living Plan with specific time-bound nutrition targets
- **2015** Introduced ‘Sides-to-Center’ recipes to create balanced meals with the addition of lean protein & vegetables to Knorr® Sides
- **2017** Introduced simplified ingredient labels with Knorr® Selects
- **2019** Introduced Knorr® Selects with Whole Wheat and Gluten-Free options
- **2021** All back-of-pack recipes on newly designed Knorr® Sides pouches will feature ‘Better-For-You’ recipes

RECOMMENDED SALT INTAKES

Based on current dietary recommendations the average, healthy American should consume less than 2,300mg of sodium per day, which is about a teaspoon of table salt. However majority of Americans are consuming on average 3,400mg per day.

2010-2020 Knorr® has achieved sodium reduction across its Knorr® Rice Sides & Knorr® Pasta Sides by an average of 25% and 20%, respectively. Sodium reduction continues across the portfolio.