

Unilever Highest Nutritional Standards (July 2017):

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 or 1.3 mg/kcal salted spreads countries ¹ 600 mg/100g or 1.3 mg/kcal	33 % tot fat tropical spreads ² 38 % tot fat	NA	≤1 g/100g
Emulsion-based sauces	NA	750 mg/100g mustards 2000 mg/100g	33 % tot fat or 2g/100	15 %en total sugars or 7 g added sugars/100g	
Water-based sauces	NA	750 mg/100g	NA	7 g added sugars/100g	
Dairy cream alternatives	NA	1.3 mg/kcal or 100mg/100g	33 % tot fat or 2g/100g	7 g added sugars/100g	
Cream cheese	NA	675 mg/100g	15 g/100g	NA	
Main dishes	2 kcal/g or 700 kcal/serve	250 mg/100g	10 %en	15 %en total sugars	
Side dishes	2 kcal/g or 400 kcal/serve	250 mg/100g	10 %en	15 %en from total sugars	
Processed meat and fish	2 kcal/g or 400 kcal/serve	800 mg/100g	5 g/100g	NA	
Meal sauces	NA	340 mg/100g	2 g/100g	NA	
Bread and breakfast cereals	NA	375 mg/100g	NA	20 g added sugars/100g	
Small meals	400 kcal/serve	250 mg/100g	10 %en	15 %en total sugars	
Seasonings	NA	265 mg/100g	NA	NA	
Soups	NA	265 mg/100g	2 g/100g	NA	
Ice cream & Water Ices	110 kcal/serve	NA	3 g/serve (1.5g/serve if ≤ 60 kcal/ serve)	20 g added sugars/100g or 12 g total sugars per portion	
Savoury snacks	110 kcal/serve	300 mg/100g	13 %en	NA	
Sweet snacks	110 kcal/serve	300 mg/100g	3 g/serve	20 g added sugars/100g	
Beverages	NA	NA	NA	RTD tea 5 g total sugars/100mL; Other 5 g added sugars/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	

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

²Spreads sold in tropical areas, without chilled distribution