



# HEALTHY RECIPE FRAMEWORK (HRF)



Beyond creating better products, we also want to encourage better diets to our consumers through recipe inspiration. Our Healthy Recipe Framework is a set of global nutrition criteria to assess the nutrition quality of the recipes we communicate. The criteria are aligned to Unilever's Science Based Nutrition Criteria (USNC) and based on dietary recommendations such as those from the World Health Organization (WHO). The criteria include benchmarks for nutrients and ingredients.

Recipe category	FOOD- BASED CRITERIA	FOOD & NUTRIENT BASED CRITERIA			
	Each dish/recipe contains at least ≥30% of recommended foods or ingredients	Each dish/recipe should contain >30% of recommended foods or ingredients <b>AND</b> meet the nutrition standards			
	Recommended foods or ingredients	Energy	Sodium	Saturated Fats	Sugars
Main meals (Lunch, Dinner)	Lean meat cuts, vegetables, grains, roots & tubers, oily fish & seafood, unsalted nuts, legumes, pulses, meat alternatives, other legume-based alternatives and soy products, low-fat/fat-free animal dairy, plant-based dairy alternatives, vegetable oils, low-fat spreads, unsweetened fruit juices, Unilever products meeting USNC	600 kcal/serve	250mg/100g	1.5g/100g	15en% (total)
Savoury small meals		400 kcal/serve	250 mg/100g	1.5g/100g	15en% (total)
Sweet small meals		400 kcal/serve	100 mg/100g	1.0 g/100g	15en% (total)
Protein dishes		300 kcal/serve	450mg/100g	3g/100g	15en% (total)
Carb-based and vegetable dishes		300 kcal/serve	250mg/100g	1.5g/100g	15en% (total)
Dips, Dressings, Spreads		NA	750mg/100g	18% of total fat	15en% (total)
Ice-cream & Desserts		150kcal/serve	300mg/serve	5g/serve	12g/serve (total)
Sweet & savoury snacks, appetizer		150 kcal/serve	300mg/serve	3g/serve	12g/serve (total)
Kids Sweet & Savoury snacks, desserts, ice cream, appetiser		110 kcal/serve	300mg/serve	3g/serve	12g/serve (total)
Beverages/drinks		NA	NA	1g/100g	5g/100g(total)
All other recipes		NA	100mg/100g	1g/100g	15en% (total)