

UNILEVER'S POSITION ON SATURATED FAT

Key messages

- High consumption of saturated fat is considered a risk factor for cardiovascular disease.
- We support the World Health Organisation (WHO) recommendation¹ to limit saturated fat intake to a maximum of 10% of daily energy, and to replace saturated fat with unsaturated fat.
- Saturated fats play an important role in our products as they provide texture, structure and taste.
- We have taken actions to offer products with less saturated fat and will continue to do so.

Unilever's Position on Saturated Fat

Saturated fats play an important role in our products as they provide texture, structure and taste. It is therefore a technical challenge to replace solid saturated fats with liquid unsaturated fats without affecting the functional properties of foods.

We support the dietary recommendations of WHO to limit saturated fat consumption in the diet to a maximum of 10% of total energy intake and to replace saturated fats, which are found mostly in dairy, meat products and in solid vegetable fats, with (poly)unsaturated fats, which are found in nuts, seeds, fish and liquid vegetable oils.

While some saturated fatty acids may raise blood cholesterol levels more than others, most international health authorities recommend replacing saturated fats, as a whole group, with unsaturated fats. This is based on the evidence of the impact of such dietary replacements on overall heart health (and not only on blood cholesterol levels) and the need to apply a pragmatic approach towards dietary change.

Our Actions

We have been reducing saturated fat in our products since 2003 and are committed to reducing saturated fat across our entire Unilever portfolio even further through our nutrition goals and products specific standards. We also limit saturated fat in the recipes developed with our products.

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¹ Guideline: Saturated fatty acid and trans-fatty acid intake for adults and children. Geneva: World Health Organisation; 2023.