



Unilever

Nutrition Benefits for Unilever Food & Beverage Products

Nutrition Information
for Unilever Food &
Beverage Products



Nutrition Benefits for Unilever Food & Beverage Products

Margarine Spreads

Source of omega 6
Flora – Original, Salt Reduced, Light, Ultra Light & Buttery
Source of omega 3
Flora – Canola
Virtually trans fat free
All Flora spreads
All Flora pro-active spreads
All Bertolli spreads
All Olivio Bertolli spreads (NZ)
Source of vitamin E
Flora - Original, Salt Reduced, Buttery and Light
Flora pro-active - Regular and Light
Source of vitamin D
All Flora spreads
All Flora pro-active spreads
All Bertolli spreads
All Olivio Bertolli spreads (NZ)
Salt reduced
All Flora spreads (excluding Original)
All Flora pro-active spreads
All Bertolli spreads
All Olivio Bertolli Spreads

Light
Flora Light & Ultra Light
Flora pro-active Light & Ultra Light
Bertolli Light
Olivio Bertolli Light (NZ)
Lowers cholesterol absorption
Flora pro-active Regular, Light, Ultra Light & Olive
Heart Foundation Tick
All Flora excluding Flora Original
All Flora pro-active
All Bertolli
All Olivio Bertolli (NZ)



CERT TM used under licence

Tea

Natural source of flavonoids
Lipton Black Tea Bags
Lipton Green Tea Bags
Bushells Black Tea Bags
Contains flavonoids
All Lipton Ice Tea
Light / 99.9% sugar free
Lipton Ice Tea Light – Peach and Lemon Green
98% fat free
All Lipton Chai Latte



Nutrition Benefits for Unilever Food & Beverage Products

Ice Cream

Low fat

Blue Ribbon Light – Vanilla & English Toffee

All Blue Ribbon Yoghurt Cups

All Calippo and Calippo Minis

All Splice

Source of calcium

All Paddle Pop Milk

Good source of calcium

All Paddle Pop Moo

Low GI

All Paddle Pop Milk* and Moo

School Canteen Approved

All Paddle Pop Milk and Moo¹

Paddle Pop Water Ice – Icy Twist Lemonade²

Blue Ribbon Yoghurt Cups²

Calippo Mini – Lemon & Raspberry Pineapple³



References

1. Amber products under the NSW Fresh Tastes, QLD Smart choices, Vic Go for Your Life, WA Star Choices and SA Healthy Bites programs.
Meets the NZ Food and Beverage Classification System for a 'sometimes' food.
 2. Amber products under the NSW Fresh Tastes, Qld Smart Choices and Vic Go for Your Life programs only
 3. Amber products under the NSW Fresh Tastes and Qld Smart Choices programs only
- * Excludes Paddle Pop Solar Flare

Savoury Foods

Reduced fat

Continental Meal Bases – Lite Range

Continental Pasta & Sauce Side Dishes – Lite Range

Continental Chicken Tonight Meal Sauces – Lite Range

Continental Indian Tonight Meal Sauces – Lite Range

Continental Stroganoff Tonight Lite

Low fat

All Continental Cup-a-Soup

(Excluding Asian Laksa, Hearty Garden Vegetable, Hearty Roast Chicken and Chicken & Corn Noodles)

Continental Meal Bases – Beef Goulash, Creamy Tuna Mornay, Lite Country Chicken Casserole, Lite Beef & Vegetable Casserole, Lite Mediterranean Chicken, Rich Beef Casserole and Spaghetti Bolognese

Continental Side Dishes:

All Continental Pasta & Sauce (excluding Sour Cream & Chives)

All Continental Rices

All Continental Cous Cous

All Continental Rices Asian

All Continental Rices of the World

All Continental Potato Mash

All Continental Risotto

All Continental Macaroni & Cheese (excluding Nacho Cheese)

All Continental Deb

All Continental Surprise Vegetables

All Bertolli Five Brothers & Bertolli Provista Pasta Sauces

Bertolli Premium Pasta Sauces - Pecorino only

All Raguletto Pasta Sauces

All Continental Asian Tonight

Continental Chicken Tonight – Apricot Chicken, Chicken Cacciatore, Curried Chicken with Vegetables

Continental Indian Tonight – Lite Butter Chicken

Continental Sausages Tonight

Continental Stroganoff Tonight Lite

All Continental Instant Sauces – Gravies and Sauces (excluding Hollandaise)

All Continental Stock – Cubes and Powder

Heart Foundation Tick

All Continental Cup-a-Soup Vegifull

All Continental Side Dishes – Pasta Sauce, Rices, Cous Cous & Mash excluding Sour Cream & Chives Pasta & Sauce)



Salt reduced

Continental Salt Reduced Simmer Soup – Chicken Noodle & French Onion

Continental Meal Bases – Lite Range

Continental Salt Reduced Stock Powder – Beef and Chicken

Source of fibre

Continental Cup-a-Soup Hearty – Pea & Ham

Continental Cup-a-Soup Vegifull – Eight Vegetable, Potato & Leek, Rich Tomato and Winter Vegetable

All Bertolli Provista

Good source of calcium

Continental Macaroni & Cheese – Cheese & Bacon, Nacho Cheese and Super Saucy



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