



Lite Mediterranean Chicken

Serves 4
Preparation time: 15 minutes
Cooking time: 20 minutes

2 veg Serves*

Uses Continental Lite Recipe Base

Ingredients:

- 500g chicken tenderloins
- 1 red onion, sliced
- 1 red capsicum, sliced
- 2 tomatoes, chopped
- 2 zucchinis, sliced
- 1 packet **Continental Lite Mediterranean Chicken Recipe Base**
- ¾ cup (190mL) water

Directions

1. Heat a large non-stick frying pan and brown chicken; remove from pan.
2. Add onion and capsicum to pan and fry until softened. Return chicken to pan with tomato and zucchini.
3. Combine Recipe Base and water; add to chicken and stir until boiling.
4. Simmer gently for 10 minutes or until chicken is cooked and vegetables are tender, stirring occasionally.
5. Serve with penne pasta.

Tip

Serve topped with fresh basil leaves.

*1 serve = 75g cooked

Nutrition information (average quantity per serve based on listed ingredients)
Energy – 1050kJ; Protein – 30.2g;
Total fat – 7.4g; Saturated fat – 2.1g;
Carbohydrates – 14g; Sugars 7.9g;
Sodium – 555mg.

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United Nations World Food Program

Hunger and malnutrition are the number one risk to the health of children worldwide – greater than AIDS, malaria and tuberculosis combined. Every five seconds a child dies of hunger or hunger-related causes.

The World Food Program (WFP) is the largest humanitarian agency in the world, providing food for around 90 million people in 80 countries every year.

Together for Child Vitality is Unilever's global partnership with the WFP to improve the nutrition and health of disadvantaged school-aged children, while raising funds and increasing awareness of the issue of child hunger.

A number of elements to the partnership include:

Nutrition/School Feeding Support: Unilever sponsors nutritious school meals and has developed with the WFP an educational campaign for schools on nutrition, hygiene and health. Opportunities to develop new fortified nutrient-dense products for school feeding or supplementary feeding are also being explored.



Photo courtesy of WFP

Employee Program: This includes local fundraising, and an Employee Exchange Program in which Unilever employees are seconded to the WFP, contributing skills in human resources, supply chain management, communications and nutrition.

In 2008, the **Together for Child Vitality** partnership enabled more than 16 million school meals to be provided to 76,000 children in Kenya, Indonesia, Colombia, Philippines, Pakistan and Ghana.

WFP brings to the partnership more than forty years of experience in providing food assistance to people in the world's poorest countries. Unilever brings expertise in nutrition, product development and marketing with a proven ability for sustainable delivery of foods to low income consumers around the world.

For more information on the UN World Food Program, go to www.wfp.org

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Vitality

News from the Unilever Nutrition Team

July 2009



Unilever

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Tackling Persistent Nutrition Myths
Product Nutrition Improvements

Silent yet serious

Menopause triggers increased cholesterol and CVD risk

Menopause affects all women and despite widespread awareness of common symptoms like hot flushes and mood changes, there is poor appreciation of the long-term effects of oestrogen loss on the cardiovascular system.

Women and CVD

More women die from cardiovascular disease (CVD) every year than the next six causes of death combined, including breast cancer¹. CVD accounts for over 30% of all female deaths^{2,3} yet the perception persists that CVD is a male problem.

Although women develop CVD risk factors on average ten years later, their lifetime risk is no lower than men's^{4,5}. Experts relate this to hormonal differences protecting women during their fertile years, but fading after menopause, leaving them vulnerable to heart disease and stroke⁶.



The Team



The Unilever Nutrition Team.
From left: Accredited Practising Dietitians Brooke Sprott, Megan Cobcroft and Meaghan Ramsey.

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Produced by Inside Edition and Harvest Design & Print
Printed on recycled paper

Effects of changing hormones

Hormonal changes can begin from age 45, well before the onset of menopause and commonly lead to symptoms such as depressed mood, sweats and hot flushes^{7,8}. Women often seek help for acute physical symptoms, unaware of the long-term impact of underlying metabolic changes also taking place.

The effects of oestrogen loss on bone density and risk of osteoporosis with menopause are widely accepted⁹. Also well-documented, though less recognised, is the increased CVD risk throughout the menopausal transition⁹, largely through lipid profile alteration.^{9,10}

Menopause and dyslipidaemia

Declining oestrogen levels progressively disrupt the lipid profile, increasing LDL-cholesterol and triglycerides and lowering HDL-cholesterol, heightening CVD risk^{10,11,12}. In fact, LDL-cholesterol increases by 10-20% during this time^{13,14}. This dyslipidaemia increases women's CVD risk four-fold over the ten years from onset of menopause, compared with men and pre-menopausal women^{10,15}.

LDL-cholesterol is the primary lipid target of CVD risk reduction¹⁶ and epidemiological and intervention studies estimate on average, lowering it by 10% reduces CHD risk by up to 20%¹⁷.

Lowering LDL-C through diet

Replacing saturated fats with unsaturated fats and minimising trans fat intake are well known strategies to lower LDL-cholesterol¹⁸. Foods containing active ingredients

shown to lower LDL-cholesterol including plant sterols, beta glucan and soy protein also have a role to play.

- Eating 2g of plant sterols daily (about 1 rounded tablespoon) can lower LDL-cholesterol by 10%¹⁹.
- Eating 25g of soya protein daily (about 3 glasses soy milk) would lower cholesterol by 3-5%.
- A 2-5% reduction could be expected from 3-5g beta-glucan consumption daily (about 3 bowls oats).

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Adapted from
Cholesterol and the menopause. A controllable risk factor for cardiovascular disease in women. For a full copy please contact:
proactiv.science@unilever.com

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Nutrition

Tackling Persistent Nutrition Myths

The dietitians at Unilever continually answer questions from confused health professionals and an overwhelmed public, generally stemming from persistent myths or well meaning (but misinformed) media.

Why don't you just take the salt out of processed food and replace it with herbs and spices for flavour?

Flavour is a very important driver of food choice.

Replacing salt with herbs and spices is a great tip for patients and clients to help them reduce salt in home cooking. But with store-bought food, reducing salt is not as simple as substitution. We spoke to Unilever food technologist **Helene Potokar** about salt in processed food and Unilever's program to continue reducing salt.

Why do processed foods have added salt?

Salt plays an important role in taste and product structure. It has historically been used for preservation by lowering water activity and preventing microbial growth.

What would happen if you replaced the salt with herbs and spices?

Try it at home and see. Prepare a soup with no added salt or commercially prepared stock at all. Gradually add your preferred herbs and spices. It is difficult to reach a satisfactory flavour profile. The same would happen in the manufacturing environment. This is because

salt works in combination with herbs, spices and natural flavours from vegetables to give the unique savoury flavour of soup.

What is Unilever's salt reduction program?

Between the early 1990s and 2006, more than 300 tonnes of salt was removed from Flora and Continental products. Unilever's salt reduction program sets specific product sodium benchmarks for the future to target a daily dietary intake of 6g of salt in 2010, and 5g salt in 2015. Our goal is to reduce salt while maintaining taste.

What ingredients do you change when you reformulate for sodium reduction?

A number of methods are used by our food technologists and chefs. One way is to gradually reduce the salt level over time so people slowly adjust to a less salty taste. Other approaches include using salt replacers, aromas or ingredients which boost salt flavour perception. Herbs and spices may be used, but alone they are not enough to maintain flavour in salt reduction.



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For more information on salt and health, please visit AWASH at www.awash.org.au

Products



Better for you meals

Continental provides a range of choices for family meals. When prepared as directed, our new Lite Recipe Bases have 25% less fat and salt compared to the average of our regular range or equivalent variant. When prepared, the two variants below have two or more serves of vegetables* in every portion.

*1 serve of vegetables = 75g cooked



Product nutrition improvements

Unilever is committed to continuous product improvement to help consumers make healthier choices.

Our global Nutrition Enhancement Program outlines criteria for saturated fat, sugars, sodium and trans fat. Products not meeting these criteria are not permitted to be promoted to children or positioned on a health platform. We aim to meet local nutrition criteria where possible – such as the Heart Foundation Tick criteria and Australian and New Zealand school canteen guidelines.

Some examples of product improvements across our portfolio include:

Trans fat – All Flora Margarine Spreads are virtually trans fat free and have been since 1996.

Saturated fat – Simply by changing one ingredient, more than 150 tonnes of saturated fat was removed from Continental products in 2005

Sodium – Continental Side Dishes have been reduced in sodium by an average of 40% since 2001.

Sugar – Over 380 tonnes of sugar were removed from Streets products between 2004 and 2005.

Calcium – Continental Macaroni Cheese Side Dish and Paddle Pop Moo are good sources of calcium.

Portion control – Look out for Streets products with the 'School Canteen Approved' logo available from August. These products – all Paddle Pop Milk and Paddle Pop Moo are portion controlled and meet the amber school canteen nutrient criteria across all states in Australia and New Zealand.

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