



Fruit & Nut Delight

Serves 4
Preparation time: 10 minutes
Soaking time: 2 hours

Sweet treat

Hint

For a Middle Eastern touch, add a dash of rosewater to the soaked fruits before serving.

Ingredients:

Soaked Fruits:

- ¼ cup sultanas
- ¼ cup chopped dried apricots
- ½ cup orange juice

Fresh Fruits:

- 2 kiwi fruit, sliced or chopped
- 2 tablespoons pistachios, shelled and roughly chopped
- 4 scoops **Streets Blue Ribbon** Light Vanilla Ice Cream

Directions

Soaked Fruits: Place all ingredients into a bowl and soak for 2 hours in the fridge.

Fresh Fruits: Add the kiwis to the soaked fruit. Scoop the ice cream into individual serving bowls. Spoon over the fruit and sprinkle with pistachios.

Nutrition information (average quantity per serve)
Energy – 966kJ; Protein – 4.7g;
Total fat – 4.9g; Saturated fat – 1.5g;
Carbohydrates – 39.8g; Sugars – 33g;
Dietary Fibre – 4g, Sodium – 36mg.

Uses Streets Blue Ribbon Light Vanilla Ice Cream

www

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To order additional copies of our brochures please call:
Australia – 1800 888 449
New Zealand – 0800 900 028,
or e-mail with your request to crd.foods@unilever.com



Helping tea-growing communities

With its commitment to use tea from Rainforest Alliance certified farms, Lipton is not only helping the environment, but also improving social welfare for tea growers.

As the world's largest buyer of black tea, Unilever has a responsibility to look after the welfare of our tea farmers. As such, our tea gardens in Kenya are now Rainforest Alliance (RA) certified, and we are working with other tea plantations to help them gain certification as well.

Rainforest Alliance certification means that our tea growers and pluckers earn a decent living while protecting the local environment. Workers and their families at our Unilever Tea gardens in Kericho, Kenya are provided free housing, medical care, primary school education and clean water supplies.

Already in 2009, 50% of **Lipton** Black Tea bags in Australia will come from RA certified farms. By continuing our efforts, we aim to achieve full certification by 2015.



Unilever is playing a leadership role in creating a demand for tea from ethical, sustainable sources and, in so doing, helping to provide better living and working conditions for tea farmers. Now drinking your cup of **Lipton** Black Tea from RA certified plantations, lets you do a little bit more to support tea growers and the environment.

For more information on Rainforest Alliance, visit www.liptonforthefuture.com and www.rainforest-alliance.org

Vitality

News from the Unilever Nutrition Team

April 2009



Unilever

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Towards a sustainable future

Sustainable development means meeting the needs of society today without compromising the ability of future generations to survive and prosper.

As a large company, the changes Unilever makes towards a more sustainable food supply have a significant environmental impact. Our corporate responsibility strategy seeks to address our most significant impacts on sustainability – agriculture, water, greenhouse gases and packaging.

Agriculture

As the world's largest tea company, Unilever purchases 12% of the world's tea. Already 50% of **Lipton** Black Tea Bags in Australia come from Rainforest Alliance (RA) certified farms. We aim to achieve full Rainforest Alliance certification by 2015.



The Team



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

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Unilever also uses palm oil for production of personal care, household and food products. Unilever was a founding member of the Roundtable on Sustainable Palm Oil which promotes the growth and use of sustainable palm oil. Globally we aim to have all of our palm oil certified as sustainable by 2015.

Water

Since 1995, globally we have reduced water in manufacturing sites by 61.7% per tonne of production. However, a big part of our water usage is the way our products are used plus the water required for growing raw materials. Our focus is therefore on designing products that require less water for use, and to work with agricultural suppliers to help reduce their water usage.

Greenhouse gases

Some global initiatives in our climate change strategy include our aim to reduce CO₂ energy in manufacturing by 25% by 2012 (against 2004 levels) and to use a greenhouse gas profiling tool for new product innovations.

Packaging

Our approach to packaging is to remove unnecessary layers, reduce the size, maximise the use of renewable resources, increase the use of recycled packaging and reuse packaging where possible. **Omo**, **Persil** and **Surf Small & Mighty** are good examples, having recently

www

To view our Global Sustainable Development Report which provides a full account of our sustainability performance, visit www.unilever.com/sdreport



won the Packaging Council of Australia Sustainability Award. The 1400mL bottle was changed to a 475mL bottle of concentrate, resulting in 50% less packaging.

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.

Isn't margarine spread processed, therefore unnatural and bad for you?

In fact, making margarine spread is quite simple. First, plant seeds such as sunflower and canola, are harvested and pressed for oil. Secondly, a carefully selected blend of these oils is mixed with water while being chilled to obtain the desired product consistency and nutritional quality.

Made from healthy plant oils, margarine spread is simple, and tasty and is an important source of essential fats.

Processing does not by definition make something unnatural or 'bad for you'. Tea, oats and pasta are all processed and considered 'good for you'. Conversely, not all natural products are by definition 'good for you' like butter and gourmet salt blends.

Margarine spread is good for you!

Leading health groups like the World Heart Federation and National Heart Foundation recommend margarine spreads instead of butter because most margarine spreads are better for you. **Flora** Original margarine spread is made from predominantly sunflower and canola oils and blended with a small amount of palm oil to give

its consistency. It is completely free of partially hydrogenated fats and unlike butter, is virtually trans fat free*. Flora Original contains less total fat, saturated fat and kilojoules than butter, but delivers more essential nutrients including heart healthy omega 6 fatty acids, vitamins D and E.

*Butter contains 5 times the trans fat of **Flora** Original.
**Note: We refer to 'margarine spread' rather than 'margarine' as the FSANZ Food Standard Code defines 'margarine' as containing 80% fat. Flora margarine spreads contain between 23 and 65% fat.

call

For a detailed leaflet on margarine spreads, call 1800 888 449 (Aus) or 0800 900 028 (NZ).

Butter



Better



Products



A perfect, healthier after school treat.



Nutrition information

	Average quantity per 56g serving	Average quantity per 100g
Energy (kJ)	371	622
Energy (Cal)	89	158
Protein (g)	1.7	3.0
Fat - Total (g)	2.9	5.2
- Saturated (g)	1.5	2.7
Carbohydrate (g)	13.7	24.5
- Sugars (g)	10.4	18.5
Sodium (mg)	32	58
Calcium (mg)	320 (40% RDI [†])	571

[†] Recommended Dietary Intake

Streets Paddle Pop Strawberry Moo

Calcium-rich Paddle Pop Moo will soon be available in STRAWBERRY!

Just like **Streets Paddle Pop** Chocolate Moo, **Streets Paddle Pop** Strawberry Moo contains 70% milk and each serve delivers 40% of the recommended dietary intake for calcium.

Other benefits of **Streets Paddle Pop** Strawberry Moo include:

- Reduced fat*
- Contains no artificial colours
- Low GI** (GI = 51)
- Portion controlled
- School Canteen Amber approved***

Data from the recent National Children's Nutrition

survey shows that more than 10% of the total energy intake of primary school aged children comes from nutrient poor snacks such as chips, chocolate, confectionary and cakes.

Streets Paddle Pop Moo has been developed by dietitians and food technologists with children's health in mind. It's a perfect healthier snack for at school or after school.

*Compared to regular icecream
**As tested by Sydney University Glycemic Index Research Service
*** 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.



New & Improved Vegi full
Vegi full has a new look and a new flavour. Each variety was reformulated to maximise flavour while retaining the same nutrition credentials - 90% vegetables, Heart Foundation Tick approved and a source of fibre.

New