



Chicken, Chive & Corn Fritters

Serves 4
Preparation Time 15 minutes
Cooking Time 15 minutes

Tip

Add a fresh lime wedge for some zing.

Uses Flora pro-activ Buttery.

Ingredients:

- 300g chicken breast fillets, trimmed
- 2 eggs
- ¼ cup chopped chives
- 1 cup no added salt corn kernels
- ¼ cup self-raising flour
- 20g (1 tablespoon) Flora pro-activ Buttery, melted
- 2 tablespoons reduced fat milk
- ½ cup no added salt corn kernels
- 1 cup halved grape tomatoes
- 1 small avocado, sliced
- 1 tablespoon chopped chives
- 1 cup baby rocket leaves
- ¼ cup no-fat plain yoghurt
- 1 tablespoon chopped chives

Directions:

1. Slice the chicken breast in half through the centre horizontally. Cook the chicken in a large non-stick frying pan over a medium heat until golden and cooked, 2–3 minutes on each side. Remove pan from the heat and cover to rest.
2. Whisk eggs in a mixing bowl and mix in chives, corn, flour, melted Flora pro-activ Buttery and milk. Shred the chicken and add to the mixture. Using half the fritter mixture, spoon four even fritters into the pan and cook over a medium heat for 3–4 minutes on each side until golden and cooked. Keep warm. Cook the remaining fritters as with the first four.

3. Create a side salad by combining corn kernels, tomatoes, avocado, chives and rocket.
4. Mix yoghurt and chives to create a delicious dipping sauce.
5. Serve fritters hot with the side salad and yoghurt and chive sauce.

Nutrition information
(average quantity per serve based on listed ingredients):
Energy 1648kJ; Protein 24.7g;
Total Fat 23.3g; Sat. Fat 5.8g;
Carbohydrate 19.8g;
Total Sugars 4.9g Dietary Fibre 3.7g;
Sodium 358mg

Heart Age Calculator – NEW Diet and Lifestyle Plan

Visit www.heartagecalculator.com.au and sign up to the new 12-week Heart Health diet and lifestyle plan. It provides added motivation and tips for your patients to follow a heart healthy lifestyle and is tailored to individual results.



www

To find out more, visit:

- www.unileverhealthcarenutrition.com.au
- www.lipton.com.au
- www.streets.com.au
- www.floraloveyourheart.com.au
- www.floraloveyourheart.co.nz
- www.continental.com.au

Ben and Jerry's Ice Cream – committed to making a difference

At Ben & Jerry's we're all about making the best possible ice cream in the nicest possible way.

Ben & Jerry's has had a socially-aligned sourcing policy since the 1980s which means that we try to source as many ingredients as possible from suppliers who share our values.

Our business is dedicated to a sustainable corporate concept and is committed to this in everything that we do. The company has always been committed to long-term sustainability and we think having ice cream flavours made from fair trade ingredients is an important way that we can live out this mission.

Ben & Jerry's co-founder Jerry Greenfield comments: "Fairtrade is about making sure people get their fair share of the pie. The whole concept of fair trade goes to the heart of our values and the sense of right and wrong. Nobody wants to buy something that was made by exploiting somebody else."

Ben & Jerry's has committed to sourcing Fairtrade Certified™ ingredients across our entire global flavour range by the



end of 2013. With over 30 countries, more than 50 flavours and buckets of inclusions to consider, the process of converting to Fairtrade Certified™ is vastly complicated which is why it will take some time.

In Australia, you can enjoy 100% Fairtrade Certified™ vanilla beans in our Vanilla flavour and 100% Fairtrade Certified™ cocoa in our Chocolate Macadamia flavour. Ben and Jerry's Ice Cream is available in scoop shops and select metropolitan delis. For more information about Fairtrade Certified™ visit www.fairtrade.net

Vitality

News from the Unilever Nutrition Team

April 2011



Unilever

Unilever Sustainable Living Plan

Unilever recently announced its ambitious plan to develop new ways of doing business that will drive sustainable growth in a world where resources are becoming increasingly scarce.

By sustainability, we mean more than environmental impact. Ensuring that we are sustainable means we need to increase both the positive social benefits arising from our activities while reducing our environmental impact across the full lifecycle of our products. Our vision is to create a better future in which people can improve their quality of life without increasing their environmental footprint.

To achieve this, we are focused on three big goals:

1. To help more than one billion people take action to improve their health and wellbeing.
2. To half the environmental footprint of our products.
3. To source 100% of our agricultural raw materials sustainably.

This is a global plan and Unilever is currently agreeing with each country in which it

Inside:

Unilever's student placement program

Try our Chicken, Chive & Corn Fritters recipe!



operates the actions that need to be taken to meet these goals. In Australia and New Zealand we are currently working on specific actions across these three areas

and an overview of our activities for each is outlined overleaf.

We look forward to reporting on these in more detail in a future issue.



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

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Cover story continued...

Unilever Sustainable Living Plan Framework

IMPROVING HEALTH AND WELLBEING

Nutrition

Helping people make healthier choices

- Improve heart health
- Reduce salt levels
- Reduce saturated fat
- Reduce sugar levels
- Reduce calories
- Provide healthy eating information

Health and Hygiene

Changing habits, improving health

- Promoting young women's self-esteem



REDUCING ENVIRONMENTAL IMPACT

Greenhouse Gases

Helping to tackle climate change

- Reduce GHG from washing clothes
- Reduce GHG from our manufacturing
- Reduced GHG from refrigeration

Water

Reducing water use where it matters most

- Reduce water use in the laundry process
- Reduce water use in skin cleaning and hair washing
- Reduce water use in our manufacturing

Waste

Reduce, reuse, recycle

- Reduce packaging
- Recycle packaging
- Reduced waste from our manufacturing



ENHANCING LIVELIHOODS

Sustainable Sourcing

Growing for the future

- Sustainable palm oil
- Sustainable/recycled paper & board
- Sustainable tea
- Sustainable cocoa
- Sustainable fruit and vegetables
- Fairtrade Certified™ Ben & Jerry's

Industry training for dietitians – a student's perspective

Unilever's student placement program allows dietetic students to experience what it's like to work in the food industry before they graduate. Celeste Tan from the University of Sydney shares her placement experience from July 2010.



As a dietitian, the food industry is both a challenging and rewarding work environment. Not only must you possess the nutrition knowledge to ensure best practice is maintained, but you must also develop your skills in communication, marketing and business. An industry placement is invaluable for students, highlighting whether this is an environment where you will sink or swim.

During my placement I worked on the Flora brand and was designated two main projects as well as some smaller assignments. I particularly enjoyed the independence afforded to me in allowing me to establish my own goals and priorities, and implement a project from start to finish. I developed patient resources for health professionals. This involved scientific substantiation and understanding the Food

Standards Code. I was also able to work with a design company to redesign the resources.

External to my projects, particular highlights of my placement included: participating in calls with dietitians and nutritionists across Asia also working for Unilever in Nutrition to share best practice and learn from each other, observing cooking demonstrations for Unilever products in development, and understanding the process of taking a new product to market.

The food industry is fast-paced and constantly evolving. I would strongly recommend an industry placement for dietetic students who enjoy a challenge, have good time management skills, are able to work independently, but also enjoy being part of a team. In turn, an industry placement can offer the opportunity to observe how a multi-national company works, to liaise with industry professionals and to attain skills not developed in the university environment.



New Lipton Ice Green Tea range with Stevia

Lipton Ice Green Tea is sweetened with a combination of sugar and stevia leaf extract, delivering a beverage with 396-399kJ per serve (500ml).

Stevia is a shrub native to Paraguay. The refined extracts of Stevia are 200-300 times sweeter than sucrose and were approved for use by FSA NZ in

2008. As the sweetness profile of stevia is quite different from sugar and other sweeteners, it works best in combination with sugar. The Lipton Ice Tea Light range is available for people who want a no added sugar Ice Tea product. For more information visit www.steviabenefits.org

Stevia and sugar are:

- Derived from ingredients found in nature
- Not artificial or synthetic – no enzymatic or chemical modification
- Physically, not chemically processed

Lowering cholesterol absorption for the hearts you love

Now your patients can lower their cholesterol absorption without giving up the buttery taste they love. New Flora pro-activ Buttery is churned with real buttermilk and contains the same amount of sterols as the rest of the pro-activ range. It's ideal for spreading, cooking and baking.



New Splice Real Fruits – fruit you can see, fruit you can taste!

Delicious new Splice Real Fruits are available in two flavours – Orange or Strawberry. They are made with up to 40% real fruit and contain no artificial colours or flavours. Splice Real Fruits is a refreshing choice – with less than 75 calories per serve.