



## Apricot Pudding

Serves 10  
Preparation Time 15 minutes  
Cooking Time 25 minutes

Tip

Can use seasonal fresh apricots or tinned apricots.

Uses Flora pro-active

### Ingredients:

- 10g (2 teaspoons) Flora pro-active, melted
- 1 cup self-raising flour
- ½ teaspoon baking powder
- ¼ cup caster sugar
- 60g (1/4 cup) Flora pro-active, extra, melted
- 2 eggs, lightly beaten
- ½ cup reduced fat milk
- ½ teaspoon vanilla essence
- 1 x 425g can apricot halves, drained
- Icing sugar, to garnish
- 250g berries, to serve

### Directions:

1. Preheat oven to 200°C and brush a round 1-litre capacity baking dish with melted Flora pro-active.
2. Sift the flour and baking powder into a mixing bowl. Add sugar, extra melted Flora pro-active, eggs, milk and vanilla. Mix until well combined. Place mixture into prepared dish and bake for 5 minutes.
3. Open oven door and drop the apricot halves, hollow side down, into cake mixture. Bake for a further 20 minutes, or until pudding is golden and a skewer inserted into the centre comes out clean.
4. To serve, cool slightly and serve sprinkled with icing sugar and berries.

### Nutrition information

(average quantity per serve based on listed ingredients):  
Energy – 669kJ; Protein – 4.1g;  
Total Fat – 6.1g; Sat. Fat – 1.6g;  
Carbohydrate – 21.5g; Total Sugars – 12.2g; Dietary Fibre – 1.9g;  
Sodium – 168mg; Flora pro-active per serve – 7g.

To make this recipe for children, replace Flora pro-active with Flora Buttery.

### New Unilever Health Care website now live

The Unilever nutrition team has developed the Unilever Health Care website to provide the latest nutrition information for nutrition scientists and health professionals.

Visit [www.unileverhealthcare.nutrition.com.au](http://www.unileverhealthcare.nutrition.com.au) to find out more about Unilever's nutrition policies and partnerships, download our publications, register to receive resources on a regular basis and access nutrition composition information for each of our brands Flora, Continental, Raguletto, Bertolli, Streets and Lipton.



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To find out more, please visit:

[www.unileverhealthcare.nutrition.com.au](http://www.unileverhealthcare.nutrition.com.au)

## Unilever & sustainability

Our commitment to a sustainable future



In 2009, Unilever was named the sustainability leader in the Food and Beverage sector for the 11th consecutive year of assessment in the Dow Jones Sustainability Index.

This ranking was due to many environmental initiatives. One key initiative is sustainable agriculture, and an example of where we have made significant changes is palm oil. Unilever uses palm oil in the production of personal care and some food products. We have made a commitment to ensure 100% of the palm oil used in our products is from certified sustainable sources by 2015.

We have taken a leadership role in supporting the development of a sustainable palm oil industry. Unilever is one of the founders of the Roundtable on Sustainable Palm Oil (RSPO), set up in cooperation with the WWF

in 2004. The RSPO works with plantation owners, manufacturers, retailers, banks and other NGO partners to devise standards for sustainable palm oil production.

Unilever has secured enough Green Palm certificates of sustainable palm oil to cover the requirements of our Australian, New Zealand and European businesses. In 2010, we plan to buy more Green Palm certificates to cover 30% of our global needs. Through the RSPO, we are helping to transform the palm oil industry and to put a stop to deforestation in South East Asia.

# Vitality

News from the Unilever Nutrition Team

July 2010



Unilever

## The sodium reduction journey

Food manufacturers have a leading role to play in lowering the salt intake of Australians.

The role of dietitians working in the food industry setting is to inform decision-making by providing insights into salt intake and the potential public health impact of investing in the development and implementation of a salt reduction strategy.

Food consumption patterns and current salt (sodium) recommendations are integral to the design of a salt reduction strategy, however there are other considerations that dietitians need to take into account when advocating for salt reduction.

### Technical feasibility

One of the key challenges is that salt contributes more than just saltiness. It also intensifies overall flavor.

### Inside:

Working in partnership to bust some common myths  
Apricot Pudding recipe





**The Unilever Nutrition Team.**  
From left: Accredited Practising Dietitians Megan Cobcroft, Katherine Cook and Brooke Spratt.

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Cover story continued

This means large reductions in salt can affect the overall sensory profile of food and often means consumers will switch to products with higher sodium concentrations. As a result, traditional approaches rely on small, gradual reductions in salt and the use of salt replacers to allow for taste adaption. These approaches can result in reductions up to 20-30%.

**Development costs**

Existing technical solutions are not always easy to implement due to cost and availability. Currently available replacer systems are about 50 times more expensive than sodium. The role of a dietitian in a food company is to continue to advocate for salt reduction within any cost constraints.

**Consumer priorities**

Taste most often rates as the number one priority for consumers and, unfortunately, the consumer acceptance of low or reduced salt foods is often poor and in many cases results in the removal of low salt products from the market. In some food categories 'low salt' and 'salt reduced' may signal 'low taste'. Consumer research also confirms that people only eat healthy food if it tastes good. This is a key challenge for dietitians in the food industry. While we know that consumers will adapt to lower salt intakes, unless industry moves together to reduce salt simultaneously across a whole category, consumers may simply switch to a higher salt alternative.



"In some food categories 'low salt' and 'salt reduced' may signal 'low taste'."

**Product communication**

Given the consumer perception of low salt products, gradual silent reduction is more often chosen to allow for consumer adaption. However, as health professionals, it is important to continue to increase awareness of the importance of reducing salt intake and encourage people to choose low and reduced salt foods.

Many food companies have already achieved significant salt reductions. While continuing to advocate for further salt reductions, we should also keep in mind the technical challenges that can be faced as part of the process.

# Working in partnership to bust some common myths

Unilever has been working closely with DAA and the NZ Nutrition Foundation to address some commonly held nutrition misconceptions with health care professionals and the media.



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The aim of the project was to develop educational materials that could be given to patients or used by the media to provide evidence-based nutrition advice. A booklet has been produced called 'Food, the Facts of the Matter' which addresses the following common nutrition myths:

- Are foods claiming they are 'natural' always the best choice?
- Do I need to watch my salt intake if I don't add it to my food?

- Is snacking good or bad for you?
- Do I need to drink eight glasses of water a day?
- Does eating fat make us fat?

As a first step, we will be sending this booklet to a group of nutrition-interested GPs in Australia and evaluating the process and impact.

We will also be giving this booklet to a wider group of GPs in Australia and New Zealand as well as practice nurses and health media.

If you would like a copy of the booklet or some copies to give to your patients, you can download a copy by visiting [www.unileverhealthcarenutrition.com.au](http://www.unileverhealthcarenutrition.com.au) OR for hard copies, please call:  
Australia: 1800 888 449  
New Zealand: 0800 900 028  
or email your request to [crd.foods@unilever.com](mailto:crd.foods@unilever.com)



The Heart Foundation Tick has been integral to Continental's achievements so far. Over 50 Continental products meet the Tick criteria for saturated fat, trans fat and sodium.

## Continental's commitment to sodium reduction

In recognition of the positive impact sodium reduction has on the health of the population, in 2009 Unilever launched a global sodium reduction strategy.

This strategy aims to reduce, systematically, the amount of sodium (salt) in our products. Unilever has defined specific targets for product categories to initially target a dietary intake of 2400mg of sodium. This is in line with international recommendations, including the WHO guidelines and corresponds to 6g and 5g of salt.

This strategy builds on the work Continental has been doing to reduce the sodium content of its products since 1993, with a more focused sodium reduction program starting in 2001. Since 2001,

the sodium content of more than 155 Continental products (including Cup-a-Soup, Pasta & Sauce, Rices, Recipe Mixes and Instant Sauces) has been reduced by an average of 30% (9-40%). As a result, around 60 tonnes of salt has been removed from the food supply – equivalent to four semi-trailer loads of salt.

While some categories already meet global targets, for other categories meeting these targets will be challenging, but it can be done if we all work together and take consumers on the journey.

New



**Indulge with Flora Buttery**

Enjoy the irresistible buttery taste you'll love, with 65% less saturated fat than butter. New Flora Buttery is Heart Foundation approved and is perfect for spreading on toast or vegetables and can also be used in cooking and baking.

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