



Dairy for life

# Fonterra

Contributing to the health of Australians



## Why we love dairy

Dairy is considered a “good for you” food and is one of the five core food groups recommended by the Australian Dietary Guidelines. It is one of the richest sources of calcium and provides energy and high-quality protein which helps grow and repair muscles.

As part of a healthy, balanced diet dairy foods help meet the body’s need for:

- Calcium which makes teeth and bones strong
- Vitamin B2 (Riboflavin) which helps reduce tiredness
- Vitamin B12 which supports healthy brain function
- Vitamin A which supports vision and immune function
- Phosphorus which supports energy production and bone health maintenance.





## Dairy and health

We offer dairy foods that meet different health and wellness needs of Australians. This is based on our belief in quality products, sound science and 'doing what's right' by our consumers. We continually build our dairy portfolio to minimise the use of added sugars, refined carbohydrates, added fats, salt and other additives without compromising on quality, taste, texture or safety.

We provide a range of dairy foods that can all play a role in a healthy, balanced diet. This includes 'everyday' foods, which form the dairy food group in the Australian Dietary Guidelines, such as milk and cheese, that provide a valuable source of dairy goodness.



## We are world-class

With more than 90 years' experience in dairy, the Fonterra Research and Development Centre in New Zealand is a leading global dairy innovation hub, with over 300 scientific and technical experts from 40 countries. We use our technical expertise to create a range of solutions for consumers and businesses around the world.

In Australia, we have a team of dietitians, nutritionists, scientists and food technologists who are committed to providing our consumers with a choice of dairy foods to meet their nutritional needs.

We also know that people increasingly want to know where their food comes from and how it is made.

We are proud of Fonterra's reputation for delivering high quality, safe and clean food, and the care that we take from paddock to plate. In Australia, we collect milk from our farmers which goes to our eight manufacturing sites across Victoria and Tasmania where it is turned into great dairy foods that people love.







## We collaborate with partners to improve nutritional outcomes

We regularly work with government, public health and the food and dairy industries on initiatives to improve nutrition policy and promotion in Australia. Examples include representation on the Australian Government's Healthy Food Partnership, collaboration in public forums and submissions on relevant policies, to champion the role of dairy as a core food group.

We also support and fund local and international dairy research to leverage the benefits of dairy as one of the five core food groups in the Australian Dietary Guidelines.

## Clear, honest food labelling and responsible promotion

As a global dairy company, Fonterra is committed to delivering high-quality dairy nutrition. We recognise the world is faced with significant nutrition problems at both ends of the spectrum, with poor quality diets leading to nutritional deficiencies or obesity – and sometimes both.

To help combat these issues, government and industry have introduced a range of voluntary initiatives to ensure a high sense of social responsibility in the advertising and marketing of food and beverage products in Australia.

As part of our commitment to promote responsible consumption of our dairy foods at all life stages, we adhere to the Australian Association of National Advertisers' Food and Beverages Advertising Code (AANA).

All of Fonterra's product and nutrition claims are compliant with local regulatory requirements and based on robust science. We provide clear and accurate labelling – making it easy to identify the goodness of dairy in each serve and help people make more informed food choices.



# Our Nutrition Commitments

As a global dairy company, a sustainable future for our Co-operative is core to our strategy. With a long history in dairy, we harness our global expertise and local knowledge to support our people, our farmers and our community.

We believe our sustainable dairy goodness provides vital nutrition that will help people lead better lives. We know that people eat food for enjoyment and for nutrients needed to fuel growth and support the development of good health and wellbeing throughout life.

## The Fonterra Australia Nutrition Commitments are our promise to deliver a balanced product portfolio and promote healthy diets and communities

Our commitments are informed by Global Fonterra Nutrition Policy and Guidelines, as well as relevant guidelines, regulation and policies in Australia.

### Sodium

- We promote responsible consumption of products with a higher sodium content in the context of a healthy, balanced diet with consideration of upper limits for sodium intake as outlined by the Australian Dietary Guidelines.
- We do not add excessive sodium into our products beyond achieving food safety, functionality, taste and texture.
- We aim to align with the Healthy Food Partnership sodium reformulation targets for cheese and relevant food categories.



### Fat

- We recognise the role that full fat and reduced fat dairy foods play in a healthy, balanced diet as outlined within the Australian Dietary Guidelines
- We aim to provide our consumers with products of varying fat content to provide them with choice and in line with the Australian Dietary Guidelines
- We do not add industrial trans fatty acid sources into our products



### Sugars

- We promote responsible consumption of foods and recipes that may contain higher levels of added sugar in the context of a healthy balanced diet and active lifestyle
- Added sugars/refined carbohydrates\* is limited to < 2% of total daily energy requirements per serve in products positioned for nutrition and health
- We acknowledge the WHO recommendation on added sugars and target an added sugar content of less than 10% of energy across our whole portfolio
- We align with the Healthy Food Partnership reformulation targets for relevant food categories



### Colours, Flavours and Sweeteners

- We choose natural flavours and colours as a first preference where technically feasible, and vigorously challenge the use of artificial colours and flavours.
- We do not add artificial colours or flavours to our children's products.
- We limit the use of sweeteners/sweetness enhancers in 'everyday' foods and to reduce added sugars.



### Serving Size

- We aim to provide serving sizes in line with the Australian Dietary Guidelines and promote the appropriate energy and nutrient intake to suit both the needs of consumers and the occasion.
- Recommended serving sizes will not be manipulated for energy and nutrient content claims and will consider the Australian Dietary Guidelines (e.g. 1 serve of milk = 250mL)
- Products for children up to 15 years of age will provide appropriate energy content for daily consumption.



\* We define added sugars and refined carbohydrates as any source of mono-, di-, oligo-, and poly-saccharides/starch that are not fibres and which provide little nutritional benefit other than a source of energy



# Fonterra Australia Nutrition Commitments

## Contributing to the health of Australians

### Delivering a Balanced Portfolio

- We provide a range of products that offer our customers choice and a variety of portion sizes to meet their nutrition requirements

#### By 2027, we aim for

- 100% of 'everyday' nutrition and 'advanced' nutrition products will meet Global Fonterra nutritional guidelines
- 100% of snacking products will meet Fonterra Australia nutrient criteria guidelines
- An added sugar content of less than 10% of energy across the portfolio
- Status quo maintained of 100% of children's products do not contain artificial colours or flavours
- 100% alignment with the Healthy Food Partnership reformulation targets for relevant food categories

### Promoting Healthy Diets and Communities

- We market our products responsibly, take particular care when marketing to children, and are aligned with Australian Dietary Guidelines.
- We promote responsible consumption of foods and recipes that may contain nutrients of public health concern in the context of a healthy balanced diet and active lifestyle.
- We provide transparent labelling on our products so that customers can make an informed choice,
- We aim to provide serving sizes in line with the Australian Dietary Guidelines and promote the appropriate energy and nutrient intake to suit both the needs of consumers and the occasion.

The above have been informed by the Global Fonterra Nutrition Policies, Guidelines and Sustainability Targets, as well as relevant regulation and policy requirements in Australia, such as the AANA Food and Beverage Advertising Code, Health Star Rating System, and Healthy Food Partnership Targets.

### **Contact Information**

Fonterra Brands Australia Pty Ltd.

Visit: <https://www.fonterra.com/au/en/nutrition.html>