



## Nutrition and healthy lifestyle

Offering products and menus that provide the consumers with alternatives that meet their nutrition and wellness expectations, and actively promoting healthy lifestyles by means of awareness-raising and education campaigns and programs with an emphasis on responsible consumption.



Healthy lifestyles promotion activities  
at educational institutions in Colombia.



Employee from the Biscuits Business in Colombia.

### Management approach [GRI 3-3]

Innovating in products while meeting nutritional and health-related criteria.

Implementing the front-panel nutritional label in all the products.

Reducing the content of critical nutrients regarding public health (sugar, sodium and saturated fats).

Promote healthy lifestyles;

### Progress achieved in 2022 [GRI 3-3]

- **Accrued 45,7%** of innovations focused on health and nutrition.
- **78,6% of products** with front-panel labeling.
- **782 accrued reformulations as of 2022:** 344 sodium reformulations, 281 sugar reformulations and 138 saturated fat reformulations. This represents 18,1% of the total products offered [GRI G4 - FP6].
- **6.000 school kits** were delivered to promote healthy-lifestyle practices as a health-protection action.
- **Creation and delivery** of the model titled “Con Sentido Saludable” (With a healthy sense) for developing capabilities in the school communities.
- **10.578 children** from 56 education institutions benefited from the healthy lifestyle programs in Colombia and Chile.

## Risks and opportunities

[GRI 3-3]

The growing worldwide concern about obesity and non-communicable diseases has accelerated the need to develop and consolidate the use of new ingredients and technologies with the aim of formulating nutritious and affordable products without affecting their sensory properties. This challenge requires significant research and development efforts from the industry. In addition, it is necessary for the Organization to create roadmaps focused on identifying opportunities and prioritizing the work with partners that support the initiatives intended to reduce the contents of both critical nutrients and questioned ingredients. Moreover, partners can also help in including food components with benefits related to people's health and nutrition, thus complying with the regulatory frameworks.

The aforementioned actions are aligned with the increasing demand from consumers on understanding the origin and the impacts of food and its ingredients on their health and nutrition. This entails the need to develop supply chains that prioritize ingredients whose origin derives from biodiversity in order to incorporate them into products under clear labeling standards. Furthermore, the need to diversify people's diets becomes an opportunity to broaden the offer of products with a larger content of vegetable-origin ingredients with a low presence of critical nutrients.

Additionally, through its foundation, Grupo Nutresa maintains its priority of building the capacities of communities to strengthen the decision-making process regarding a responsible and healthy consumption.

## Future challenges

The main challenges for the sector consist in developing healthy and sustainable food and paying special attention to the emerging knowledge on the food-health relationship.

In addition, the regulatory changes in terms of nutritional and front warning label-

ing for food in multiple countries have caused the need to prioritize resources for improving both the nutritional profile of the product portfolios and the clear labels. The technical teams maintain constant monitoring of the offer of ingredients and technologies available in the market, and activate work plans to explore and incorporate them. In 2022, the Organization paid particular attention to the new regulations in Colombia, due to its extensive share in such market.

The mentioned developments also drive Grupo Nutresa to continue being an active agent in the efforts of building capacities in the communities to ensure a better understanding and an adequate use of the information included in the labels. Programs such as "Con Sentido Saludable," which is led by Fundación Nutresa, become a channel for communication and development intended to achieve more balanced and aware eating habits among consumers.

The strengthening of Grupo Nutresa's research and effective innovation capacities, supported on the work performed by the Nutrition, Health and Wellbeing Research Center (Vidarium) and on the R+D units of its Business Units, will allow developing solutions with nutritional recommendations focused on promoting well-being and good health conditions.

Employee from the Cold Cuts Business in Colombia.





## Outstanding practices and acknowledgments

### Incorporation of functional nutrients and ingredients

The Company has made significant progress in the design of products with ingredients that contribute macro- or micro-nutrients such as:

- The use of quinoa and seeds (chia, flaxseed and sesame) in Doria's ancestral product line.
- Increase in the number of product items that are a good source of fiber and protein in Lucchetti's whole-grain pasta product line.
- Increased fruit content of 40% in Tosh's ice pop products.
- Launch of the rolled oats product portfolio, which contribute fiber and includes a product item that is fortified with calcium and vitamin D.



### Reduction of critical nutrients

The Organization is making constant progress on the reduction of sugar, sodium and saturated fat contents in its products. In 2022, the Company completed 93 sugar reformulations, 93 saturated fat reformulations and 120 sodium reformulations. The following are several outstanding examples:

- Reduction in the sodium and saturated fat contents of the entire product portfolio of the Pietrán brand and in some product items of the Zenú brand.
- Reduction of 5 grams of sugar in 22 flavors of the Zuko brand.
- Decreased sugar and fat contents in 15 blend SKUs of the Coffee Business.



### Launch of Kibo snacks

One of the Kibo brand's criteria for the development of its products is a nutritional profile that is naturally strong regarding a specific nutrient, along with few ingredients and reduced contents of critical nutrients. In 2022, the brand expanded its snack product portfolio with the launch of the lentil and chickpea chips in the United States, and the launch of bean puffs in both Colombia and Costa Rica.



Implementation of the “Nutresa Quiere a los Niños” (Nutresa cares for children) Program in Colombia.

## Material topic details

Grupo Nutresa’s products portfolios have made important progress with diverse innovations and the development of healthier proposals through initiatives focused on decreasing the contents of added sugar, sodium and saturated fat, with less ingredients and looking to preserve the naturally present nutrients.

Examples of such initiatives include the launch of gluten-free and whole-grain pasta products, almond spread products and minimally processed additive-free fruit smoothies. In addition, non-dairy ice cream alternatives with vegetable protein were also launched, supplementing the portfolio of products that communicate attributes focused on people’s health and nutrition through their labels and advertising. The sales of such products amounted to COP 6,98 trillion. [\[FB-PF-260a.1\]](#)

Moreover, the Organization maintains its work on reducing the content of added sugar in its beverage product portfolio. The sales of the beverages with no added sugar and artificially sweetened beverages totaled COP 216.140 million and COP 162.722 million, re-

spectively. However, most of the sales came from the calorie-free and low-calorie beverages, amounting to COP 3,3 trillion, from which COP 2,7 trillion came from calorie-free and low-calorie beverages without artificial sweetening agents, such as coffee and fruit and herb infusions (herbal tea products). [\[FB-NB-260a.1\]](#)

The innovation of products focused on health and nutrition is one of Grupo Nutresa’s strategic commitments for 2030. Therefore, the Organization decided to use, starting in 2021, the NutriScore standard, which evaluates the nutritional composition of the products and assigns a score to them based on their contents of calories and nutrients targeted for limitation (sodium, sugar and saturated fat) and on their contribution in terms of positive ingredients and nutrients (fiber, protein, fruit, greens, nuts and legumes). As part of the innovations, in 2022, the Organization launched products based on ingredients of vegetable origin such as Kibo’s bean puffs, Pietrán’s vegetable-based patties and sausages, and Tosh’s nuts, snacks and smoothies, among other.



Employee from the Nutrition, health and well-being research center, Vidarium, in Colombia.

For the development and escalation of these healthier proposals, the Company maintains constant monitoring and analysis of robust and reliable scientific evidence of the food-health relationship and of consumers' current and emerging concerns about the impact of what they consume and their lifestyles related to both health and well-being. These actions entail the participation of Grupo Nutresa's technical experts, who gather on a regular basis to discuss and analyze relevant findings. Based on the results of the discussions and analysis, the experts build a matrix of ingredients prioritized to be replaced, which materializes as specific plans for each Business Unit. [\[FB-PF-260a.2\]](#)

For their part, Grupo Nutresa's Business Units have deployed engagement strategies with participants from the science, technology and innovation ecosystems, working jointly with suppliers and universities to evolve towards more nutritious and healthier compositions in their product portfolios, incorporating new technologies and ingredients, and supplementing their technological capabilities through projects developed with external partners. Thus, for example, the Ice Cream Business works with suppliers on specific solutions focused on reducing the contents of saturated fats and sugar, and in-

creasing the protein, fiber and fruit contributions. Similarly, the Pastas Business and its maquila partner managed to reduce the content of sodium and saturated fats in ravioli and sauce product items.

In light of the regulatory changes occurring in countries within Grupo Nutresa's strategic region with regard to nutritional and warning front labeling, there is a challenge around the need to deliver healthy products and sufficient, clear and understandable nutritional information to consumers. Additionally, consumers are expressing a growing need to find on the product labels short lists of ingredients that are recognizable and understandable, with low processing levels and no negative connotations in terms of health and nutrition, among other attributes.

To address these challenges, the Organization has multidisciplinary work teams that are in charge of analyzing the communication of nutritional values and the functionality of their products, identifying opportunities to make adjustments according to the state of the art and the regulatory frameworks with the aim of making statements related to nutritional properties, nutrient function or disease risk reduction when there is sound scientific evidence. [\[FB-PF-260a.2\]](#)



## Main progress made in health-related issues

[GRI 416-1] [SDG 2.1]



### Biscuits Business

#### Pastry

- **Launch** of products from the Merendina brand with vitamins A and B1, iron, 0% trans fat and low fat and sodium contents.

#### Baked snacks

- **Launch** of naturally gluten-free Naturela products, which are a good source of protein and fiber, 100% natural, wholemeal and vegan, and have no preservatives, added sugar, soy, artificial color additives and flavors, dairy components.
- **Launch** of a gluten-free and cholesterol-free Tosh product with low fat and sodium contents and without saturated fat and artificial color additives and flavors.

#### Vegetable protein

- **Launches** of products from the Kibo and Carve brands, which are an excellent source of protein, fiber and iron.

#### Crackers

- **Launches** of 100% vegan and dairy-free products from the Tru Blu brand without high-fructose corn syrup, artificial color additives and artificial flavors.
- **Launch** of cholesterol-free saltine crackers with 0% trans fat.



### Coffee Business

#### Powdered drink mix products

- **Launch** of infusions (herbal tea products) from the Tosh brand, with natural flavors: peach; chamomile, anise and mint; and lime.
- **Launch** of the ready-to-drink beverages from the Diversa brand with natural flavors, collagen, aloe vera and beta-carotene.



### Cold Cuts Business

#### Meat byproducts

- **Replacement** of 438 tons of salt (NaCl) with potassium salt (NCl) as a measure to reduce the sodium contribution to our consumers' diets.
- **Eight product items** (equivalent to 2,35% of the portfolio) were adjusted according to the Nutresa multi-functional profile.



### Chocolates Business

#### Beverages

- **Launch** of the 150-gram zero-sugar sweet cocoa product item. This launch enables us to participate in the segment of sugar-free milk modifiers, thus broadening the market.

### Cereal

- **Launch** of the breakfast cereal Avena Pop product, with oatmeal as its main ingredient. It is a good source of fiber and it has no artificial flavors and preservatives.

### Cereal bars

- **Launches** of the cereal bars from the Tosh brand, which underwent a reformulation process with changes such as the replacement of sweetening agents and artificial flavors with natural ingredients.
- **Replacement** of the added sugar (sucrose) with a natural sweetening agent (Stevia) and the artificial strawberry flavor with a natural flavor for the strawberry and Lyne cereal bar.
- **Replacement** of the added sugar (sucrose) with a honey and Stevia mix for the peanuts and raisins bar.
- **Replacement** of the substitute chocolate with actual bitter-sweet 47% cocoa chocolate with the purpose of incorporating the benefits of cocoa.
- **Elimination** of the palm oil content from Livean's pineapple, red berries and peanuts-raisins bars for the Chilean market.
- **Inulin** (prebiotic fiber) was incorporated as part of the binding agent with the aim of improving both texture and nutritional value.

### Chocolate candy

- **Launch** of the 20-gram presentation of the Tutto chocolate candy bar without added sugar.



### Nuts and trail mixes

- **Reduction** in the amount of sugar and sodium from Granuts's oriental type peanuts.
- **Reduction** in the amount of sugar from Granuts's blueberry trail mix.
- Launch of the extra-content line for the Japanese and chili-lime peanut product items, which also had their sodium and sugar contents reduced.



### Tresmontes Lucchetti

#### All categories

- Launch of new flavors (mango, apple and multi-fruit) from the Yupi brand, products that meet the Nutresa nutritional profile.
- Launch of new flavors (orange and lime) from the Livean brand, sugar-free products with natural color additives and sweetened with Stevia.
- Elimination of 100% of the artificial color additives from the nectar, gelatin and flan products from the Livean brand by replacing them with natural color additives.
- Reformulation of the cereal bars from the Livean brand, which allowed removing the "high content" warning from the package solutions of all Livean products (peanuts-raisins, red berries and pineapple flavors).
- Reformulation of the Gold Tentaciones product. The new formula has a lower content of sugar for the 5 varieties: vanilla latte, cappuccino, caramel latte, mocha and vanilla light.



### Ice Cream Business

#### Ice cream products

- Progress was made in the elimination of preservatives as 87% of the portfolio is already preservative-free. Additionally, 77% of the portfolio meets the Nutresa nutritional profile.

#### Sorbets and ice pops

- Progress was made in the elimination of preservatives as 100% of the portfolio is already preservative-free. Additionally, 82% of the portfolio meets the Nutresa nutritional profile.



### Pastas Business

#### Pasta with sauce or instant pasta products

- Reformulation of the powder cheese sauce, replacing the artificial flavors and color additives with natural ones.

Employees from the Chocolates Business in Colombia.







## Healthy lifestyles in the communities

Building capacities in the communities to have a positive impact on a better decision-making process to strengthen people's healthy life habits remains one of the key strategies that Grupo Nutresa promotes through Fundación Nutresa. In 2022, the Organization concluded the process focused on enhancing the community support model centered on healthy lifestyles and titled **"Con Sentido Saludable"** (With a healthy sense). This new model has been reinforced with an operation protocol, an integrated training resource library, a toolbox and a methodological roadmap for its implementation across all the geographies where Grupo Nutresa operates. In addition, the model is adaptable for building capacities in communities and among employees, clients and suppliers.

Furthermore, the Company has designed an implementation work plan that encourages agents from the public and academic sectors and international cooperation organizations to join forces. For its part, Tresmontes Lucchetti developed in partnership with Chile's Institute of Nutrition and Food Technology (INTA), the Communal Childhood Obesity Risk Index, a project that has been acknowledged with the 2022 Conecta Award in the *Human Rights* category by the



Promotion of healthy lifestyles in Colombia.

Global Compact organization. The information provided by this index will contribute to improve the decision-making process in the territories and to turn the spotlight on the factors that have the deepest impact on childhood obesity.

Through the "Nutresa quiere a los niños" (Nutresa cares for children) program, the Company delivered 6,000 school kits in the Colombian states of Antioquia, Tolima, Santander, Caquetá, Cesar, Valle del Cauca, Cauca, Bolívar, Nariño, Putumayo, Risaralda, Guaviare and Cundinamarca. As part of this strategy, Grupo Nutresa also implemented the pedagogical model of relevant training, which is intended for school community members, especially teachers, and focused on building capacities for the adoption of healthy life habits, such as healthy diets, key hygiene practices and physical activity.

In 2022, the Organization also worked with more than 56 education institutions and benefited more than 10,578 children. The training of the teachers and the teaching-learning process of the children were developed with both physical and digital tools provided by the program, thus consolidating the individual capacities of the multiple actors in Colombia and Chile. [\[FB-PF-260a.2\]](#)