

# Factsheet

Selling only products we're proud of

## PepsiCo Health and Nutrition

At PepsiCo, our goal is to offer great tasting foods and beverages for a wide spectrum of needs and tastes. It is also to make our products as healthy as possible, without compromising on taste.

These goals are central to our vision as a company, which is set out in our sustainability report, 'Performance with Purpose'. Our efforts are focused on:

reformulating our existing products to make them better for you; launching new products that reflect consumer demand for healthier, nutritious snacks and beverages; and labelling our products to make choosing a balanced diet easier.

We are proud of the progress we have made to date, and will continue to develop our products to meet changing consumer needs and interests.

### Labelling

At PepsiCo, we know the importance of a healthy, balanced and varied diet. This is why our products have a front of pack Guideline Daily Amount (GDA) label. This label shows the amount of energy and key nutrients provided in a portion of the product, and the contribution they make to the GDA for that nutrient, making it easier for consumers to make informed decisions about a healthy balanced diet.

PepsiCo's Research and Development teams provide insight-driven innovation to fuel our growth of healthier, great tasting products. PepsiCo's UK-based state-of-the-art £16m facility in Leicester, opened in 2008, is one of the flagship R&D centres across PepsiCo International.

### Walkers

Walkers is a perfect example of our commitment to reformulate existing products as well as introduce new lines.

We made a major investment to switch to Sunseed oil. This is a High Oleic Sunflower Oil (HOSO) which is naturally lower in saturates (the ones to watch) and higher in monounsaturates than standard crisp cooking oils. Using Sunseed Oil has allowed us to reduce the saturated fat content of many Walkers crisps and snacks by at least 70% between 2005 and 2007.

Since 2006 we have removed over 20,000 tonnes of saturated fat from the British diet. We have also added Walkers Baked and SunBites to our range, and re-launched Walkers Lights.



Walkers Baked contain 70% less total fat and 45% less saturated fat than standard potato crisps. Walkers Lights are a traditional crisp, but contain 30% less fat than regular Walkers crisps.

SunBites is Walkers first ever wholegrain snack. Each packet contains a third of the suggested daily amount of wholegrain\*.

### **Tropicana and Copella**

Fruits and vegetables provide our bodies with vital nutrients such as vitamins, minerals and other beneficial components, as well as dietary fibre.

In the UK, the Government recommends that we consume at least five portions of a variety of fruit and vegetables each day.

Tropicana Smoothies contain 100% high quality fruit ingredients. One 250ml smoothie portion provides the equivalent of two portions of fruit.

All Tropicana and Copella fruit juices are made using pure squeezed fruit – never from concentrate – and contain no added sugar, no artificial flavours, preservatives, colours or sweeteners. A 250ml serving of either provides you with the equivalent of one portion of the recommended five-a-day.

### **Quaker**

Quaker porridge oats provide slow release energy and are a healthy way to start each day.

Oats provide both insoluble fibre, which can help to maintain a healthy digestive system, and soluble fibre (beta glucan) which acts like a sponge during digestion, soaking up and helping to remove cholesterol. This means that eating Quaker oat products can help lower blood cholesterol and help maintain a healthy heart as part of a diet low in saturated fat and as part of a healthy lifestyle.

Quaker Oat Bars are made with up to 60% Quaker Oats and contain less than 10% fat and less than 20% sugar, which is up to 45% less sugar than many cereal bars. Like all Quaker products, they are also free from artificial flavours and colours.

### **Pepsi-Cola**

Since launching the first ever version of Diet Pepsi in 1964, Pepsi has continued to innovate to provide new variations of the famous Pepsi-Cola. This has allowed us to meet changing consumer needs and demands.

As a result, we were first in the world to create a full flavour, sugar free cola, Pepsi Max, launched in the UK in 1994. Most recently in the UK, we launched Pepsi Raw, which contains no artificial flavours, colours, preservatives, or sweeteners.

Also part of the Pepsi portfolio are 7Up and 7Up Free. 7Up Free is a reformulation of the original 7Up and is sugar free. It contains no caffeine, artificial preservatives or colourings.

### **Gatorade**

We have also launched Gatorade in the UK, the most researched isotonic sports performance drink in the world. In the UK, Gatorade contains no artificial colours, preservatives, sweeteners or flavours and is specially designed to replace fluid, electrolytes and carbohydrate energy lost during exercise.

### **Did you know...**

... In 2007 PepsiCo became an active participant in the Global Alliance for Improved Nutrition (GAIN), and is working closely with GAIN in India.

... The PepsiCo Foundation runs large scale community-based research projects in the UK to reduce the impact of the major risk factors for chronic diseases.

\*Based on US Food and Drink Authority Dietary Guidelines, 2005.



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