



SANITARIUM'S FOOD FOR LIFE

Nutrition Framework

Our philosophy

Providing the community with truly nourishing, affordable plant-based foods sits at the very core of everything we do as a Company. It is the reason Sanitarium started over 120 years ago and it will continue to guide us into the future.

At Sanitarium, we believe that nutritious plant-based foods, processed only as much as needed for nutrition, taste, convenience and safety, can nourish body, mind, and spirit, and enhance wellbeing.

Our unwavering commitment to nutrition is reflected at every stage of product development with our team of qualified Dietitians ensuring we align with the very latest evidence-based science.

We are equally committed to helping the public adopt healthier eating patterns with well researched evidence-based educational material including digital food, nutrition and health resources along with our interactive '**Ask a Dietitian**' service.



The benefits of plant-based foods

The very origins of Sanitarium Health Food Company link to our belief in the benefits of consuming plant-based foods and our desire to make these foods available to the community. The numerous health benefits of a diet based upon whole plant foods has been consistently reinforced in reputable scientific research over many decades.

Public interest and awareness of plant-based foods and beverages has grown and as a Company that has been focussed on this area since our inception, we are well placed to help meet the community's needs with the products we make and the evidence-based information we provide.

Our nutrition commitment not only drives what we do inside the Company but how we engage externally to support the communities we serve.



Our commitments

HEALTH STAR RATING

Sanitarium was among the first companies to adopt the Health Star Rating system – a voluntary labelling scheme endorsed by the Australian and New Zealand Governments which assigns a rating of ½ a star to a maximum of 5 stars based upon the products overall nutritional profile. Our specific Health Star Rating commitment includes:

→ *All new Sanitarium products aim to reach a Health Star Rating of 4 or above*



Our commitments

VOLUNTARY FOOD REFORMULATION

Sanitarium participates in the Healthy Food Partnership, an Australian Government led food reformulation program designed to improve the nutritional quality of the food supply by reducing saturated fat, sugar, and sodium (salt). We also participate in the New Zealand Government funded Heart Foundation (NZ) voluntary food reformulation program.

We constantly strive to improve all aspects of the foods we provide our community and committing to the voluntary reformulation programs in Australia and New Zealand, both of which include regular progress reporting, is a clear reflection of that goal.

We value the guidance of relevant food and health agencies such as Food Standards Australia New Zealand and adhere to all legal and regulatory requirements relating to our healthy food business, including responsible advertising to children.

We sincerely believe it is a privilege to provide the communities we serve with nutritious, tasty, convenient and safe plant-based food for all people, including those most in need. We aim to help our community meet their dietary needs so they can enjoy an active and healthy life.





Do you have a question about healthy eating?

Wondering how to make sense of a new diet you heard about on social media? Maybe you're just wondering if you have to eat meat to get enough iron in your diet or you would like some tips on how to encourage your family to eat a little healthier? Sanitarium's expert team of dietitians can help.

Ask a Dietitian [here](#)

Please keep in mind, we're here to answer general questions about a healthy diet. If you're looking for advice tailored to your own individual needs, please consult a [Registered Dietitian](#)