

Good food and nutrition : the Nestlé commitment / Nestlé UK Ltd.

Contributors

Nestlé UK Ltd.

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For over a hundred years, we at Nestlé have built our business on a sound understanding of nutrition and the part that food can play in keeping us healthy.

We'd go as far as to say there are no bad foods, only bad diets. Nutrition and enjoyment do go together and all types of food have their place in a well-balanced diet.



THE HEALTHY LIFESTYLE



A healthy lifestyle is a combination of a balanced diet and suitable exercise.

Every type of food, without exception, contains nutrients that our bodies need. The key to healthy eating is therefore to enjoy a variety of foods without eating too much of any one kind.

With a few simple guidelines, healthy eating can be easy, tasty, convenient and enjoyable. The basic rules are:

- *To eat plenty of fruit, salad and vegetables.* Research on the link between diet and health shows that these foods may help to protect us against cancer and heart disease. The recommended intake is five portions a day. This can be in any form from a glass of fruit juice at breakfast time, to a fruit snack, to a helping of vegetables with the evening meal.
- *To fill up with starchy foods such as bread, cereals, potatoes, pasta and rice.*
- *To go easy on fats and oils.* Again, research shows that too much fat and oil in our diets may lead to obesity, heart disease and some cancers. The Government's 'Health of the Nation' programme (which Nestlé fully supports) recommends a balanced diet as a way of avoiding these problems.



Food is energy and we burn it constantly, even when we're sitting or sleeping. However, if we take in more energy than we need, the excess is stored as fat.

That's why exercise is important as well as healthy eating. Besides keeping you in shape, it tones up the muscles, keeps heart and lungs in condition and - not least - makes you feel better.

The good news is, you don't have to jog five miles a day. It's possible to include exercise in the normal routine just by walking briskly instead of slowly or taking the stairs instead of the lift. Add the things you may do for fun - gardening, golf or enjoying the fresh air with family and friends - and you're on the way to a more active lifestyle.



NESTLÉ'S CONTRIBUTION

Nestlé is the world's biggest food company, making and selling about 15,000 different products. As such, it

has probably done more than any other company to bring a wide choice of quality foods to people around the world.



Many years of research have made Nestlé a world-leading

authority on nutrition and food technology. The company's long history and high standards ensure that all products with the famous Nestlé seal of guarantee are the best of their kind.

To help consumers achieve a balanced diet, we now provide easy-to-understand nutrition information on most of our products. This goes beyond the minimum required by law. In many cases, as well as listing the nutrients per 100 grams, we also specify the amount in each serving.



The 'Health of the Nation' White paper recommends a reduction in fat intakes to an average of 70 grams a day for women and 95 grams for men.

Using the information on our packs, it's possible to count the grams of fat per serving and choose accordingly. As a further aid to a balanced diet, we also provide information on the calories, proteins and carbohydrates in each product.

NUTRITION INFORMATION			
	per 100g	per crêpe	
Typical Values	745kJ/175kcal	305kJ/70kcal	
Energy	3.9g	1.6g	
Protein	30.5g	7.8g	
Carbohydrate	19.0g	1.8g	
of which:	4.3g		
- sugars		0.4g	
- fat	0.9g	0.7g	
of which:	1.8g	0.1g	
- saturates	0.2g		
Fibre			
Sodium			



Above all, we aim to provide food that people will enjoy. From the breakfast bowl of cereals to a hot chocolate nightcap, we hope to contribute to human health while ensuring that food remains one of the great pleasures of life.



"NESTLÉ MAKES
THE VERY BEST
FOOD AND DRINK
FOR ALL YOUR
FAMILY'S
DAILY NEEDS"

For additional publications, tips or recipes
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Good Food and Nutrition

THE NESTLÉ COMMITMENT

