



Welcome back to Unilever's Dish, our way to connect and share the latest nutrition news with registered dietitian nutritionists.

As RDNs, we know there's nothing better than a warm cup of tea, especially during these winter months! We're thrilled to see such incredible research being done on the benefits of tea. You can read about a few new studies below.

We take pride in our brands that are working towards a healthier, more sustainable future. In this issue, you can learn more about Knorr's mission to provide consistent access to affordable, nutritious food and their partnerships with The Food Trust and dietitian-founded, FoodRight.

In addition to nutrition trends and recipes from our 2019 Agents of Change, we're also giving you the scoop at what's coming to a shelf near you in 2020! We're excited to share innovations from four of our iconic brands within this newsletter, that can fit in a balanced

and healthy lifestyle.

We hope you continue to find this newsletter of benefit to you and your practice!

Cheers to 2020,

Gina Ruskie, RDN

Lead Nutritionist for Unilever Foods North America

Unilever Updates —————

THE BENEFITS OF DRINKING TEA

It is an exciting time for tea research as there has been several studies published over the last few months.

A new meta-analysis, sponsored by Unilever, which is the most comprehensive study to date on tea and heart health, published in [*Advances in Nutrition*](#), finds yet another reason to enjoy the beverage, and a surprising one: with each cup of green or black tea you drink, you may lower your risk of death from cardiovascular disease and all-cause mortality.

As part of a systematic review, researchers looked at 37 previous studies and linked green or black tea consumption to a lower risk of both death and death from cardiovascular disease. A few key findings include:

- * People who drink 2-3 8 oz. cups of tea per day may lower their risk of death from heart disease by ~8-12%, compared to non-drinkers of tea.

- * People who drink 2-3 8 oz. cups of tea per day may lower their risk of all-cause mortality by approximately 4-6%, compared to non-drinkers of tea.

* Each 8 oz. cup of tea consumed by those greater than 65 years old was associated with a 10% lower risk of death from heart disease.

The findings are welcome news at a time when almost half of all adults in the U.S. have some form of cardiovascular disease, according to the latest statistics provided by the American Heart Association. This study confirms daily green or black tea intake as part of healthy diet and lifestyle may help prevention of cardiovascular disease and links drinking tea to living a longer life.

The second study, sponsored by Unilever and published in the journal of *Nutrients*, explored [tea consumption as it relates to an individual's diet quality](#). The results indicated the diets of daily consumers of unsweetened tea are significantly higher in protein, dietary fiber, and select vitamins and minerals, but lower in added sugars and alcohol. In addition, daily unsweetened tea consumption is associated with higher good cholesterol (HDL) and lower body mass index (BMI) values (lower body weight) in adults.

The last study we would like to highlight, which was published in *Advances in Nutrition*, took a closer look to understand the current and potential [role of beverages as part of the Dietary Guidelines, specifically beverages that are phytonutrient dense](#). In summary, drinking unsweetened tea has health benefits, and unsweetened tea is a concentrated source of dietary phytonutrients, specifically flavonoids. For example, an 8 oz cup of tea provides more flavonoids (flavan-3-ols) than found in 1 cup of commonly consumed fruits and vegetables.

We are thrilled with the amount of research in tea which builds on a significant body of evidence.



THE FOOD TRUST + KNORR TEAM UP TO "MAKE A MEAL" IN PHILLY



Food insecurity is a large systemic problem that Knorr can't solve alone, but the brand is beginning a journey to help bring affordable, good food options into kitchens across the United States. That is why Knorr is proud to collaborate with food access organizations that share a common commitment to making nutritious food

available to everyone. Together, Knorr has been working with them in communities across the country to educate consumers how to cook with nutritious ingredients to prepare well-rounded, affordable and easy recipes at home.

One example of this work includes a multi-year partnership with The Food Trust, a Philadelphia-based organization. Together, The Food Trust and Knorr are working to create real solutions to help fight food insecurity in the greater Philadelphia area with the "Make a Meal" program. Somewhere in between a meal kit and a grocery list, this meal bundling package makes it easy for customers to purchase ingredients and cook nutritious meals for their families. Available at select retailers, the bundle includes a \$2 coupon and recipes curated by Knorr and The Food Trust teams that meet the organizations' high nutritional and taste standards. Customers enrolled in the SNAP program are also eligible to use their benefits to purchase the meal bundles.

Knorr continues to expand its work by supporting local heroes who are doing amazing and inspiring work in their own communities. An example of this is Registered Dietitian Nutritionist Lisa Kingery, founder of an organization called FoodRight based in Milwaukee that is changing lives through her cooking education programs empowering youth to choose foods that sustain life-long health. You can learn more about Lisa's story, in addition to Knorr's purpose initiatives, partners and experts with tips for making delicious recipes on a budget, by [clicking here](#). Check it out!



We tapped three of our 2019 Agents of Change to share their take on the hottest nutrition trends.

Putting the FUN in Functional: "I'm loving the variety of functional teas on the market these days and turmeric is one of my favorites! Rightfully so, this colorful spice is praised for its role in digestion. I love that you can incorporate turmeric in all kinds of hot and cold beverages, like my [iced tea lemonade](#), made with Lipton's Terrific Turmeric. The combination of turmeric, ginger and orange makes it even more refreshing!" - [Chelsea LeBlanc, RDN](#)



One Pan Meal Magic: "I get it...life is busy and everyone is always on the go, especially in the New Year! That's why I love sharing nutritious, affordable and easy meals for everyone to enjoy. As a

busy RDN, one pan meals save the day and keep everyone happy in my house. We love [Chicken Risotto](#) made with Knorr Selects, which is our favorite! Added benefit? Less clean up!" -[Tawnie Graham, RDN](#) trends.



Plant Power: "Plant-based protein can be easy, delicious, and will keep you performing your best throughout the day! A simple way to incorporate plant-forward ingredients in your diet is with [bean dips and spreads](#) like avocado chickpea hummus, using Hellmann's as a base! Dips and spreads can be super versatile as a snack paired with vegetable sticks or crackers, as lunch in a sandwich or wrap, or for dinner used as a sauce or dressing for extra creaminess!" - [Taylor Johnson, RDN](#)



Check out this bright, scrumptious, plant-forward recipe from [Natalie Rizzo, RDN](#), featuring Knorr Selects Four Cheese Risotto. It will help you get dinner on the table in no time!

Hot Toddy Mocktail

[See Recipe](#)



This Lipton Green Tea Hot Toddy Mocktail, made by [Tawnie Graham, RDN](#), is not only delicious but is simple to make on a cold

What's New On Shelf —



LIPTON CREATED THE T + PROBIOTIC

Lipton created the T + Probiotic wellness range that combines tea's goodness, herbs and probiotics to make you feel revitalized. Packaged in a convenient powder sachet, simply add to hot or cold water and enjoy! Keep a lookout for this range, coming this Summer!"



HELLMANN'S DRIZZLE SAUCE

Introducing a line of five crave-worthy sauces that will make every meal restaurant worthy! Hellmann's Drizzle Sauces are made with no high fructose corn syrup and no artificial flavors and are a great way to add more flavor to roasted vegetables, salads, grain bowls,



KNORR SELECTS

Make a delicious and nutritious family meal in just three simple steps with Knorr Selects! All you need are your choice of vegetables (fresh, frozen or canned), lean or plant-based protein and a pack of Knorr Selects! Try the new Power Rice Blends, Whole Grain Pasta and Easy Risotto varieties for your next meal, in stores this February!



BREYERS CARBSMART

Breyers CarbSmart stands out as a great option for those following low-carb lifestyles. Now with 3-5g net carbs and 3g of fiber or more per serving, these are a delicious treat! CarbSmart comes in 7 varieties, both in bars and tubs. Stay tuned for new Mint Fudge