

PepsiCo sets goals to reduce sodium and deliver diverse ingredients

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PepsiCo, Inc. announced two new ambitious nutrition goals as part of PepsiCo Positive (pep+) – the company's end-to-end strategic transformation – which aims to reduce sodium and purposefully deliver important sources of nutrition in the foods consumers are reaching for.

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Excess sodium intake is a leading risk factor for diet-associated disease and disability, prompting global public health authorities to call on the food industry to reduce sodium in their products. The World Health Organisation (WHO) recommends less than 2000mg of sodium per day for adults. PepsiCo is setting a new sodium reduction goal, with category targets that consider guidance from public health experts including the World Health Organisation and are approximately 15-30 per cent lower than the company's current target for key convenient food categories. Our new sodium goal aims for a 15 per cent sodium reduction in our U.S. Lay's Classic Potato Chips, which would result in a sodium level of 140mg per 28g serving. According to the U.S. National Health and Nutrition Examination Survey, the sodium intake in daily diets from savoury snacks is currently around 3 per cent.

Increased consumption of diverse ingredients, such as legumes, whole grains, plant-based proteins, fruits and vegetables, and nuts and seeds, can help promote a more nutritionally diverse diet.

The company aims to deliver 145 billion portions of diverse ingredients annually in its global convenient foods portfolio by 2030. Each portion will provide approximately 10 per cent of the suggested daily amount of a diverse ingredient.

"We are in a constant cycle of innovation to reimagine the foods we make and how we make them so we can bring better choices to our consumers, without ever compromising on taste," said René Lammers, Executive Vice President and Chief Science Officer for PepsiCo. "Consumers enjoy our products more than one billion times a day, which provides an opportunity – and the privilege – to have an impact. We set a high bar to improve the nutritional profile of our products, and these new goals reaffirm our ambitions."