A person or thing that encourages people to change their behaviour or opinions.

(ex) a successful agent of change recognises the opportunity for change, identifies the best approach, and makes the change happen.
Dear Colleagues,

At Unilever, we recognise that what we eat plays a role in ensuring a healthier, more sustainable future for people and the planet. This is a future in which health care professionals, chefs, government, NGOs and food companies can work together to drive transformational change in the way the world eats.

That is why this year, we are launching the Agents of Change Award, an award that salutes the work of registered Health Care Professionals and brings to life Unilever’s mission to drive nutritious, sustainable and inspiring food.

In this issue, we introduce you to our inaugural Agent of Change, Mr Stefan Van der Merwe, who founded CHOW, a company which helps people find healthier dishes in local restaurants. We also hear from Ms Lenore Spies, Director at the Nutrition Directorate at the Department of Health KZN. We ask her how dietitians can help move the issues of nutrition up the public health agenda. We invite you to visit the Unilever Booth over the next few days or www.unileverhealth.co.za to learn more about this work.

Sincerely Yours,

Unilever Nutrition and Health Team
A WORD FROM
Ms. Lenore Spies, Director
Department of Nutrition, KwaZulu-Natal
Winner of the Health MEC Award 2016

Health Care Professionals can help change South Africa. Lenore Spies, Director at the Nutrition Directorate, is leading this change. The KZN Nutrition Department has initiated and driven a number of noteworthy public health initiatives which have later been adopted nationally over the years. The Department is the current holder of the prestigious Health MEC Award. We asked her a few questions over e-mail on how Health Care Professionals can become Agents of Change and make South Africa healthier.

“there is on occasion an overlap (of patients) between private and public sector and inconsistent nutrition messages will only be to the detriment of the public.”
Q: What is the most significant challenge to healthier eating facing South Africans today?

As identified in the PACSA report 2015, the cost of food is a major challenge to the public consuming a healthy balanced diet. There are high levels of poverty and unemployment, which further challenges communities in making good food choices.

Q: How are public health dietitians doing to help South Africans meet their nutrition goals?

Public Health Dietitians serve the majority of the South African Population. There is the provision of inpatient and outpatient nutrition services. Apart from servicing patients at the hospital level, dietitians also do community outreach and support feeder clinics to their respective hospitals to ensure optimum nutrition services across the continuum of care. In addition, unique to KZN is the employment of Nutrition Advisors at clinic level to ensure provision of nutrition services and community outreach where necessary.

KZN Nutrition Directorate also sits on the Provincial inter-sectoral committee that address child hunger and social ills and in this forum advocates for support from other government departments to households with children at risk for malnutrition. KZN has seen strides in community based profiling for malnutrition and this has assisted in reducing the severe acute malnutrition case fatality rate.

Q: What can non-state dietitians do to help?

Non-state dietitians should be familiar with and supportive of Department of Health policies and guidelines to ensure consistent messaging is provided to the wider community.
Stefan Van der Merwe, RD (SA)  
Founder of CHOW

Stefan has an ambitious goal in mind and an uplifting task ahead of him. He has launched a company called CHOW, with its very own app, that aims to change the way we choose food when we eat out — no easy task, we know.

CHOW helps restaurants, canteens and schools to offer healthier meals. The public can search for these healthier facilities in the CHOW app, giving them the opportunity to identify and choose healthy options when away from the home. Each CHOW accredited facility will have the CHOW logo next to the healthier options on the menu as well as the full nutritional breakdown in the app. The public will also earn CHOW bucks in the app for making healthier choices which they can trade in for discounts, vouchers, etc. The aim of CHOW is to make the healthy choice the most attractive choice and in turn change consumer behaviour over time. CHOW meal options are currently available in over 300 popular restaurant outlets nationwide including Spurs and Jimmy Killer Fish & Prawn restaurants — and it is growing rapidly. The City of Johannesburg has shown interest in using the app for their healthy restaurant program and the Department of Health has included CHOW in their National Obesity Strategy. For more information on CHOW, visit www.chowsolutions.com.

I believe, now more than ever, it is vitally important that we innovate and come up with new and exciting ways to help people to eat healthily.
FOOD THAT TASTES GOOD, DOES GOOD AND DOES NOT COST THE EARTH
BETTER PRODUCTS, BETTER DIETS, BETTER LIVES

Launched in 2010, the Unilever Sustainable Living Plan aims to help 1 billion people take action to improve their health and well-being. At Unilever, we believe in a brighter future – a world where everyone lives well and lives within the natural limits of our planet.

After all, you cannot have a healthy business in an unhealthy world. Halfway through our 10-year journey, this is what we have achieved.

- 100% of Children’s ice cream now reduced to less than 100kcal/portion
- 92% of leading spreads by volume now contain less than 33% of SAFA as total fat percentage
- 91% of packaged ice cream products reduced to less than 250kcal/portion
- 60% of global foods by volume now meet the 5g a day salt target
- 34% of our worldwide portfolio by volume that now meets Unilever Highest Nutrition Standards
- 0% of Unilever Products with trans fats since 2012

Raising awareness of heart health, through the Salt Calculator.

We help our consumers understand how to improve their health through traditional and digital campaigns. Launched in March 2016, in partnership with the Heart Stroke Foundation of South Africa, the salt calculator aims to increase awareness of high salt intake.

Reducing salt intake to 5g per day lowers the risk of heart disease and strokes. However, in a local study of 996 South Africans, 80% of those who ate too much salt believed their salt intake to be satisfactory or too low. Visit www.saltcalculator.co.za to check how much salt you eat every day.
With more than 9 billion mouths to feed by the 2050, agriculture is in the race to keep up while producing food in a sustainable and responsible way for the future.

The Robertsons Paprika story starts in the local and rich soils of the North West Province in the agricultural town of Delareyville in South Africa where we source sustainable Paprika.

On 60-hectare plots, brothers Dirk and Dries Vorster grow Robertsons sustainable Paprika in abundance on their two picturesque farms, Corsica and Duikerbos. Both farms produce full and rich Paprika crops due to the responsible practice of maintaining good soil fertility through crop rotation every three years, less water wastage through controlled irrigation, constant water monitoring and minimum pesticide use.

A lot of care and attention goes into ensuring that it is only the highest quality, sustainably grown Paprika that goes into Robertsons spice bottles. What makes our Robertsons Paprika great is its bright red colour and distinctive rich flavour.

"We know that sustainable sourcing is better for the environment but we also believe it offers our users a superior product."
SERVINGS: 4
Nutritional Information per serving: 1470 kJ, 42g protein, 31g carbohydrates, 8g sugar, 11g total fat, 2.5g SAFA, 13g Fibre, 115mg sodium

INGREDIENTS
• 4 Chicken Breasts skinless and boneless
• 5 ml Robertsons Coriander
• 5 ml Robertsons Cumin
• 2.5 ml Robertsons Paprika
• 2.5 ml Robertsons Garlic Flakes
• 15 ml Lemon Juice
• 2 Butter Lettuce
• 6 Spring Onions
• 65 ml Fat Free Plain Yoghurt
• ½ Cucumber seeds removed and cut into thin strips
• 2 Red Peppers cut into thin strips
• Robertsons Freshly Ground Black Pepper to taste

INSTRUCTIONS
1. Cut chicken into strips, and toss with the Robertsons Coriander, Robertsons Cumin, Robertsons Paprika, Robertsons Garlic Flakes and lemon juice.
2. Allow to marinate for 15 minutes or longer if you have time.
3. Heat the olive oil in a non-stick pan and fry the chicken for about 5 minutes or until cooked through.
4. Set aside to cool.
5. Spread a little yoghurt on each lettuce leaf, top with a few chicken strips, spring onions, cucumber and red pepper.
6. Season with Robertsons Freshly Ground Pepper to taste.
7. Roll up and secure with a toothpick or a chive.
THE POWER OF PLANTS

It is all about the seeds.

Sunflower oil, which is pressed from sunflower seeds, is a major component of Flora margarine. For a very good reason.

Full of good fats, essential vitamins and minerals as well as a natural source of linoleic acid (commonly known as omega 6). The rest of the oils that go into Flora margarine are not shabby either, linseed and canola oils make Flora a margarine after your own heart.

To make sure that our sunflower seeds are of the highest quality, we sustainably grow and farm them locally in the Northern parts of South Africa.

Once fully grown, the sunflower heads are dried out before cold pressing them. This is to lock all the goodness, each sunflower seed holds into a beautiful, light amber oil for Flora margarine."
Flora Wholewheat Mini Pizza with Avocado and Smoked Salmon

**SERVINGS:** 6

**INGREDIENTS**
- 30ml (2 tbsp) Flora
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 x 400g can whole peeled tomatoes
- 6 whole wheat pita breads
- 200g mozzarella (low fat), sliced
- 2 avocados, peeled and pits removed
- 60ml Flora
- Handful of fresh herbs like parsley and thyme, chopped
- 100g smoked salmon ribbons

**INSTRUCTIONS**
1. Preheat the oven to 200°C.
2. Heat the Flora in a frying pan over medium high heat. Add the onion and garlic and fry for 5-7 minutes or until golden brown.
3. Add the whole peeled tomatoes and squash the tomatoes fine with a fork. Cook for 10 minutes or until the sauce has thickened.
4. Place the pita breads on a large baking tray. Spread the pizza sauce over each pita bread. Top with sliced mozzarella.
5. Bake in the oven for 15 minutes or until golden brown.
6. In the meantime; in a medium bowl, squash the avocado fine with a fork. Mix the avocado, Flora Gold and herbs together. Lightly season with salt.
7. Top the pizza’s with dollops of the avocado mixture and smoked salmon ribbons. Top with fresh coriander and serve with fresh lime quarters.
THE ART OF THE PERFECT DISH

Today, there’s a shift happening in the way that we eat. South Africans spent up to R42.94bn on restaurant meals, fast food and coffee shops in 2014 alone. With headlines of persistent long queues at recently launched overseas food chains, it looks like this phenomenon is here to stay. Health Care Professionals need not completely despair.

Craig Elliott, Unilever Food Solutions’ executive chef, says, “Healthier choices remain a leading consumer trend globally – but seldom at the expense of taste, which continues to be the leading factor in food choices. This is where Seductive Nutrition is winning fans – it’s all about taste and healthier choices.”

The latest Seductive Nutrition Campaign, Edition 4, developed and produced by Unilever Food Solutions chefs’ and nutritionists, gives chefs practical advice and guidance on developing menus to attract and entice old and new customers with healthier dishes, equal in taste, value for money, and as filling as more indulgent menu options.

For more information, visit www.unileverfoodsolutions.co.za and select the “Our Services” button.
PAN-FRIED HERB FISH CAKES

Nutritional information per 100g serving: 785kJ, 14.8g protein, 11g carbohydrates, 0.9g sugars, 9g total fats, 1.23g saturated fats, 1.1g fibre, 238mg sodium
Standard recipe – portion yield: 1.080kg
Portion size/ serving suggestion: 100g
SERVINGS: 10

INGREDIENTS

1kg hake fillets
100g onions, quartered
2 bay leaves
6 Robertsons Whole Black peppercorns
1l water
12g Robertsons Fish spice
15g parsley, roughly chopped
2g Italian Herb
50g spring onion sliced,
5g Robertsons Paprika
1 lemon zest

100g Knorr Mash Flakes
600ml water, boiling
100g cake flour
125 ml sunflower oil

INSTRUCTIONS

• In a pot, add the hake fillets, onions, bay leaves, Robertsons whole black peppercorns and 1l of water. Boil for +/- 15 minutes. Strain the liquid, discard the bay leaves, onions and black peppercorns
• Roughly flake the cooked hake
• Season the cooked hake with Robertsons fish spice, chopped parsley, Robertsons Italian herb, spring onions, Robertsons paprika and lemon zest
• Pour the Knorr mash flakes into the pot of 600ml boiling water and briskly whisk. Cover and leave for 3 minutes
• Mix the prepared mash potatoes and flaked cooked hake together. Shape with a cookie cutter.
• Dust the shaped fish cakes in the flour and shake off excess flour
• Heat 40ml of oil in a frying pan over a medium heat. Fry the fish cakes, in batches, for 3-4 minutes each side, or until golden. Repeat the process until all the fish cakes are cooked
• Remove the fish cakes from the pan and place on a tray lined with kitchen paper towel to drain excess oil
Saving a life can take as simple as washing hands at opportunistic times. In 2012, Unilever launched the Lifebuoy “Help a Child Reach 5” campaign which aims to do exactly that. The campaign teaches underprivileged communities around the world that handwashing with soap is one of the most cost-effective ways to prevent infections.

“Washing hands with soap could protect 1 out of every 3 young children who get sick with diarrhoea and almost 1 out of 5 children with respiratory infection. Despite its life saving potential, many people have yet to implement a simple daily and efficient hand washing routine, mainly due to a lack of essential education around this topic.”

UN SDG #3: GOOD HEALTH AND WELL-BEING

1.7 million
Children under the age of 5 die from infections such as diarrhoea & pneumonia yearly according to WHO

5
Key occasions in which the Lifebuoy “Help a Child Reach 5” Campaign teaches children to wash hands

21 days
is how long it takes for a behaviour to turn into a habit according to research

250 million
People the campaign has reached globally

8.8 million
people the campaign has reached in South Africa so far.
If you are looking for CPD, more evidence based nutrition information on, or helpful tips and advice on how to help your clients refine their lifestyle, be sure to visit the Unilever Health website at: www.unileverhealth.co.za

www.unileverhealth.co.za
info@unileverhealth.co.za