



## Sodium

### Overview, Rationale, and Goal

Sodium, which is an essential mineral that occurs naturally in foods, can also be added to food during processing. While obtaining enough sodium is critical to human health, excess consumption of sodium is associated with elevated risk for high blood pressure and cardiovascular disease. The current World Health Organization (WHO) guideline recommends that people limit their daily intake of sodium to 2000mg.

Informed by the guidelines on sodium intake provided by the WHO and other authorities, we have set a goal that helps consumers reduce the amount of sodium in their diets. Our goal, as part of our Performance with Purpose (PwP) 2025 agenda, is that **by 2025, three-fourths of our global foods portfolio will have sodium levels that do not exceed 1.3 mg/Calorie in our foods portfolio**. An example of a product that meets these criteria is Smartfood Delight Sea Salt popcorn with 0.8gm sodium/Calorie.

As we developed our sodium goal at PepsiCo, we took into account the fact that global dietary intake data shows snacks are a relatively small proportion of total sodium intake. Our goal is designed to shift a significant portion of our food portfolio towards lower sodium levels that make it easier for our consumers to follow the WHO's recommendations. Reducing sodium in our products not only benefits consumers, it helps PepsiCo to address business and regulatory needs.

### Approach

To better meet consumer and regulatory needs from a health and nutrition perspective, we are applying reduction and reformulation strategies to our foods portfolio.

Using various reformulation ingredients to reduce sodium, we are improving the foods portfolio to better meet the desires and nutritional goals of consumers worldwide. We are creating new recipes and ways to season foods using different seasonings and ingredients from around the world.

We are also exploring salt-reduction methods and technologies that will allow us to maintain our products' great taste while accommodating consumers' changing palates. This includes using smaller salt particles to enhance taste while reducing a product's overall sodium level.

### Performance & External Validation

We have signed an agreement with Partnership for a Healthier America (PHA), an organization that works with the private sector to ensure the health of youth in the United States by addressing childhood obesity, to independently report and verify our progress against this goal in the U.S. PHA's first assessment is expected in the second half of 2018.