



F&N'S NUTRITION GUIDELINES

At F&N, we believe that a healthy lifestyle is one where you make conscious decisions throughout the day to benefit your emotional and physical well-being. A healthy lifestyle is a balanced lifestyle: choosing and eating the right foods and beverages, exercising moderately, and sleeping well can all contribute to your well-being.



Our product developments are led by our group philosophy of “**Pure Enjoyment. Pure Goodness**”, we will develop more new and innovative products that are not only great-tasting but also packed with nutritional goodness.

We affirm our commitment to encourage healthier food choices and to make it easier for consumers to manage their calorie intake while maintaining product taste and quality.

OUR COMMITMENT



For all F&N products:

100% of our products will not contain artificial trans fatty acid contributed by partially hydrogenated oils



For all RTD products:

70% or more of our products will not contain more than 5% added sugar

These commitments are in alignment with the World Health Organization's (WHO) recommendation to eliminate industrially-produced trans-fatty acids in reducing the risk of coronary heart disease¹.

Limit of sugar content in RTD products are also to align with Malaysia's initiative to reduce the public's sugar intake by implementation of taxation on sugar sweetened beverages² as well as to not exceed by more than 10% of WHO's recommended daily sugar intake of 50g/day³.

References:

1. World Health Organization (2018). Replace Trans Fat: Technical Report. 2. Ministry of Health Malaysia (2014). The Implementation of Taxation on Sugar-Sweetened Beverages (SSBs) in Malaysia. 3. World Health Organization (2015). Guideline: Sugars intake for adults and children