



Our ambition is to provide products that are part of a sustainable diet. Our Nutrition Criteria are designed to make healthier products available for our consumers.

Our Nutrition Criteria secure that our products contain natural vitamins and minerals by setting requirements for calcium and protein content.

We also want to help consumers limit their intake of fat, added sugars and salt. Generally we allow fat content corresponding to the natural ratio between fat and protein in raw milk.

Additionally, the Nutrition Criteria set added sugars per single serve pack, which leads to both sugar reduction and to a reduction of the single serve pack size of our sweetened products.

When suited for the individual product, we encourage the use of whole grain ingredients. Thereby increasing the amount of dietary fiber.

The table below presents our Nutrition Criteria in a simplified way that makes them comparable to other food producer's criteria.

Product category ¹	Energy ² Kcal/portion	Nutrients to encourage		Nutrients to limit		
		Protein g/100g	Calcium mg/100g	Added sugars ³ g/100g	Saturated fat ⁴ g/100g	Sodium mg/100g
Plain milk, powders, yogurts, kefir etc.	<8%DV	≥3	≥110	na	≤2,6	≤80
Fruit and flavoured milks and yogurts	<9%DV	≥2,5	≥80	≤6,25	≤2,6	≤80
Fat-filled milks and 4-6 years old child formula ⁵	<8%DV	≥2,5	≥90	≤1	≤2,6	≤80
Fat-filled flavoured drinks	<8%DV	≥1,3	≥45	≤6,25	≤2,6	≤80
Hard cheese ⁶	<5%DV	≥22	≥600	na	≤20	≤800
Processed cheese ⁶	<5%DV	≥10	≥300	na	≤20	≤1000
Cream cheese	<5%DV	na	≥80	≤17	≤8	≤320

¹ For products targeted to low income and lower-middle income consumers as defined by the World Bank Atlas method, some flexibility is allowed in one of the Nutrition Criteria parameters. This allows us to reduce the price of those products and make them affordable for the target consumers.

² Energy is only indirectly regulated by Arla Nutrition Criteria through the balance between fat and protein as well as limits on sugar. The balance between fat and protein is inspired by the one in whole milk. When Energy is expressed as %DV (Daily Value) this refers to 2000 kcal for adults and 1700 kcal for children from 3-12 years of age.

³ Added sugar limit is calculated from our per portion limit (12,5g/ portion for adults and 10,7g/portion for children)

⁴ Saturated fat limits are calculated from the typical content of saturated fat in cow's milk. Arla nutrition criteria regulate the fat to not exceed the proportion to protein as in raw cow's milk.

⁵ Specific criteria exist for 1-3 years old child formula

⁶ Stricter sub-categories exist for those categories