



Nestlé Good food, Good life



Research and
Development



Personalisierte Ernährung – Investition in eine gesunde Zukunft

Dr. med. Philipp Gut, Nestlé Research

Demographic aging and socioeconomic factors impact global health

Global trends



Demographic aging

Impact



Increase of world population living with disabilities



Obesity pandemic



Acceleration of biological aging. Disabilities occur at younger ages.



Cost of living crisis



Nutrient inadequacies & hidden malnourishment



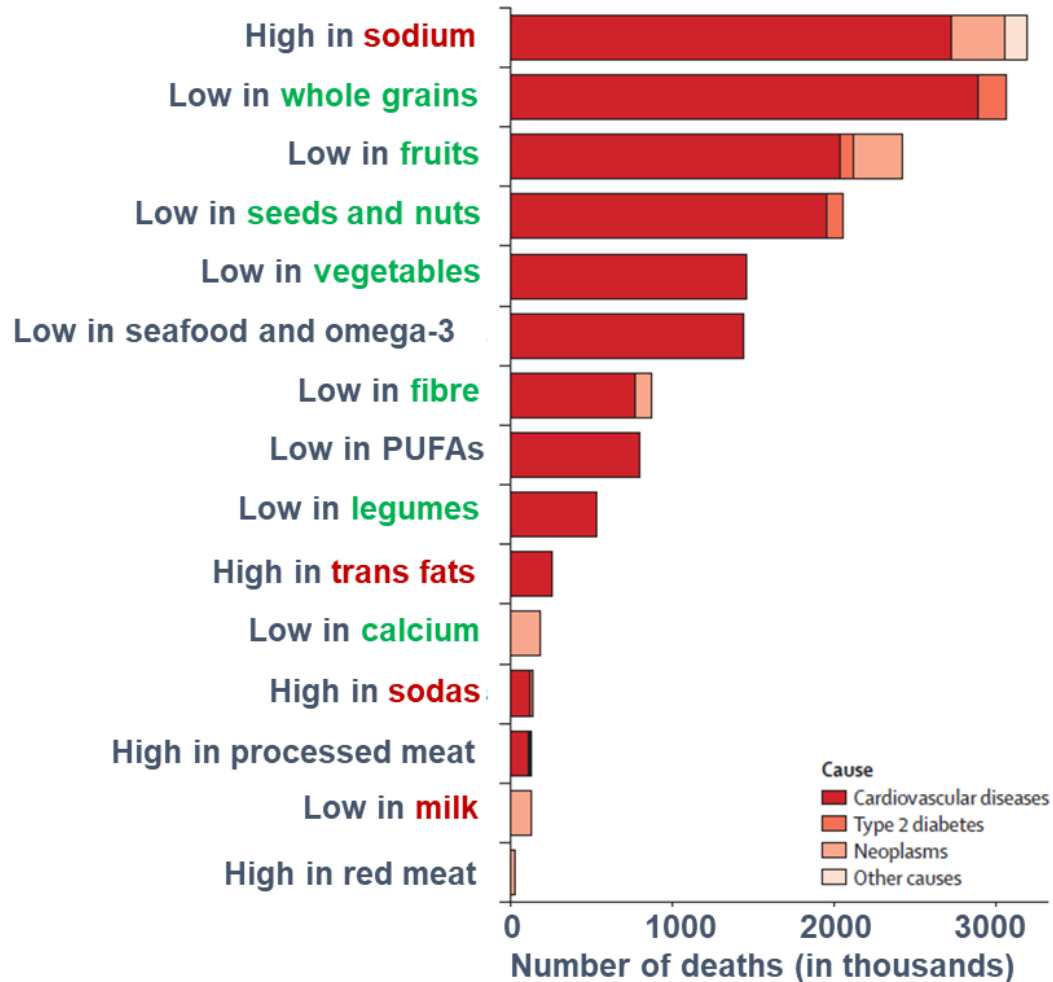
Financially strained health care systems



Decreasing access to medical care & increase in out-of-pocket pay

Nutrition is a pillar of primary prevention

Inadequate nutrition is a primary cause of chronic diseases and mortality*



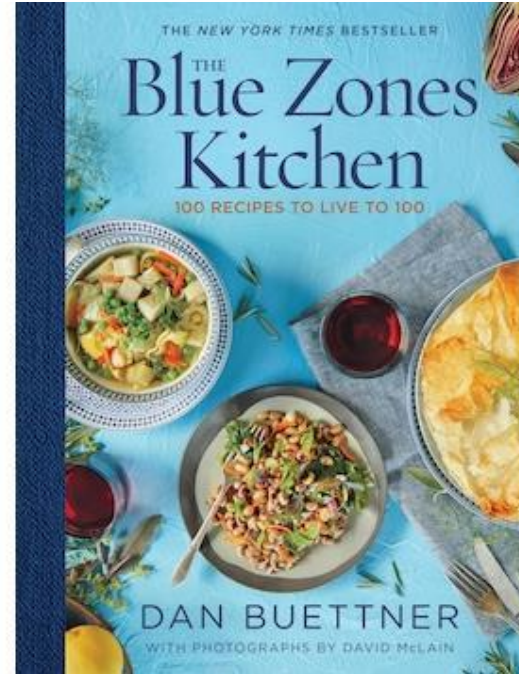
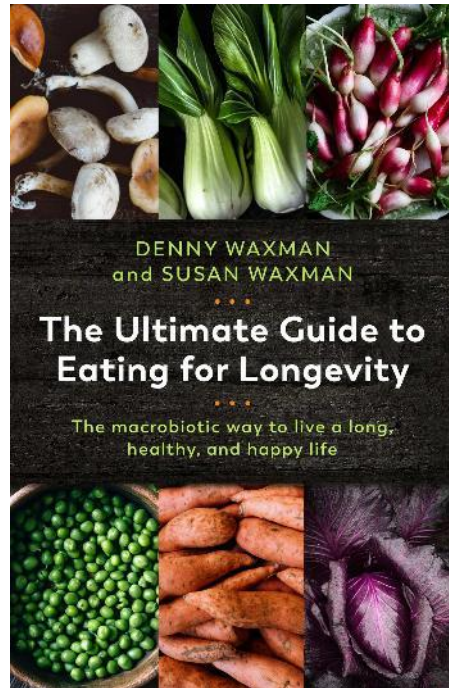
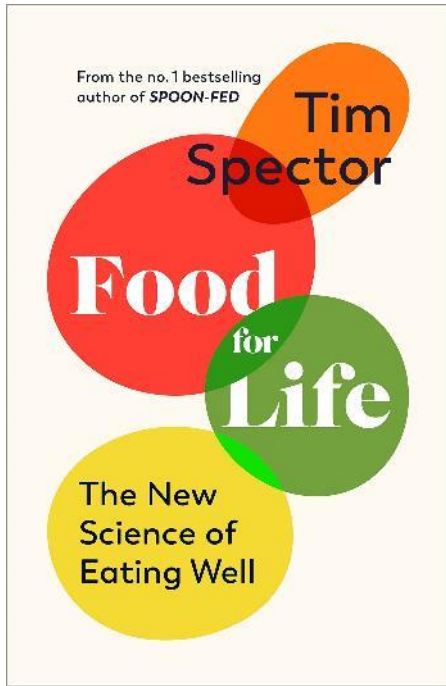
Adopting healthier food habits at midlife can have a strong impact on long-term health



10 years

estimated gain in life expectancy after shift from unhealthy to longevity-associated dietary factors at age 40**

Consumers are increasingly curious about healthy eating for longevity



THE INTERNATIONAL BESTSELLER

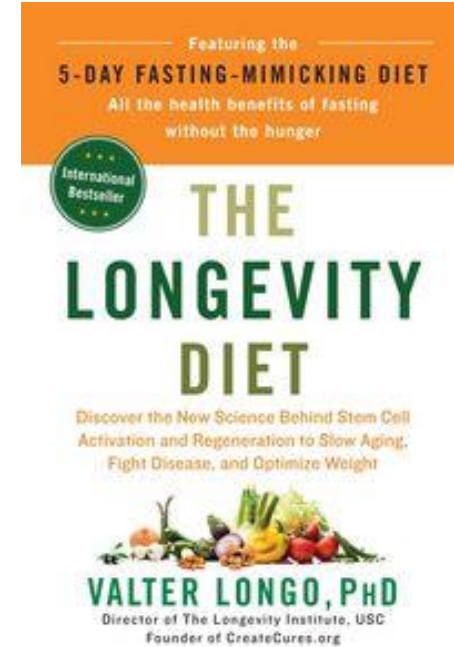
STOP CRAVINGS
GET YOUR ENERGY BACK
FEEL AMAZING

**GLUCOSE
REVOLUTION**



The life-changing power
of balancing your blood sugar

JESSIE INCHAUSPÉ



Aging is a journey characterized by physiological changes and evolving nutrition needs



Nutrition & Health solutions support nutrition needs across age and need states

Health & Wellness solutions

Proactive intervention

Medical nutrition



Micronutrients
Genetic platform for personalized nutrient intake



Cellular Nutrition
Bioactives to slow root causes of aging



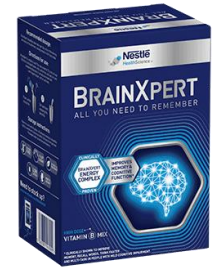
Overweight/obesity
Weight loss solutions with diet & lifestyle virtual support



Prediabetes/Diabetes
ADA endorsed low-caloric, diabetes-friendly meals



Frailty/Sarcopenia
Ready to drink solutions with protein and micronutrients



Mild cognitive impairment
Ketogenic drink to support brain energy

We have a broad *Nutrition & Health* portfolio, but...

...products must work in the context of diet

...early detection & taking action is key



Nutritional balance



Recipes & meal plans



General and condition-specific recommendations



Food logging & analytics

Nutrition services



Polygenic risk assessment



At-home testing



Glucose monitoring

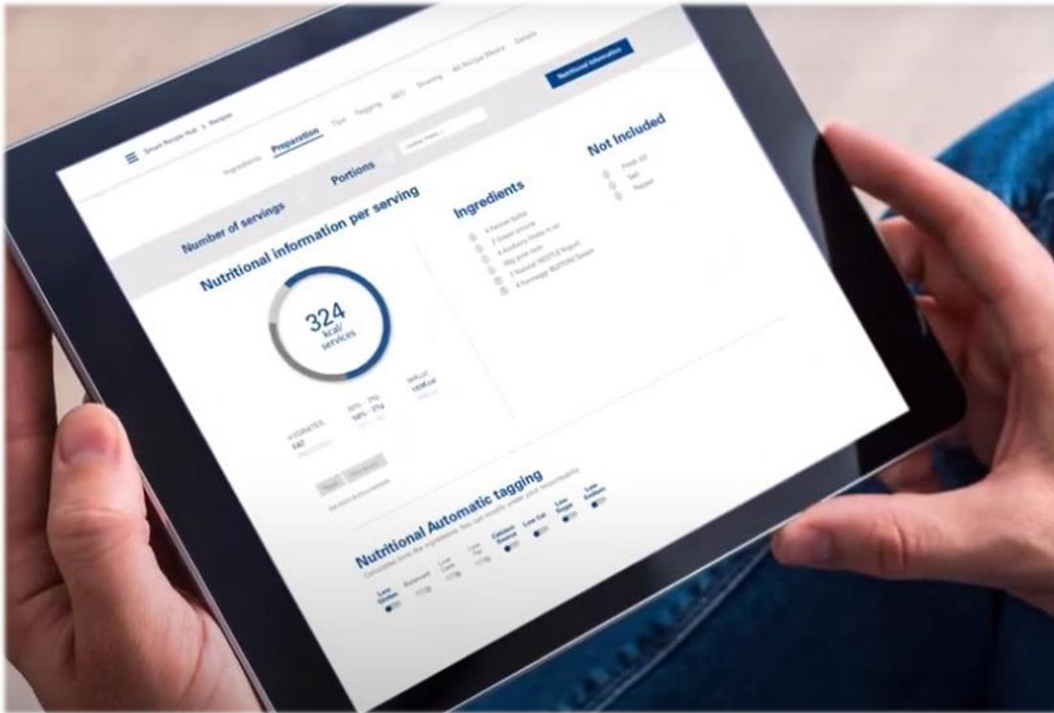


Biological age

Biomarker for tailored interventions

Digital services and personalized nutrition to enable healthy aging

Digital nutrition & health



Personalized nutrient requirements



We curated a unique database for nutrition insights at global scale



30 million data points



Used in 70+ countries



20,000 ingredients



180,000 recipes



30,000 foods



15,000 culinary matches



500 food attributes



Patented algorithms for tailored meal plans

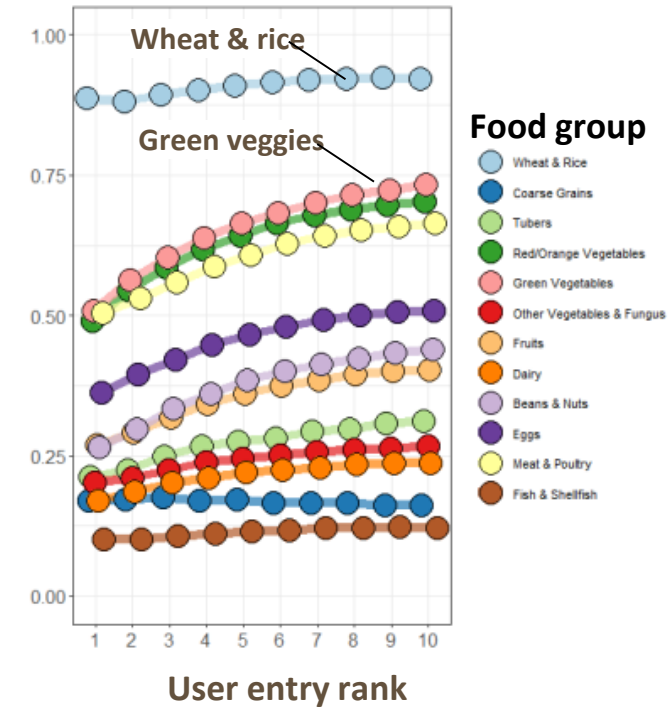
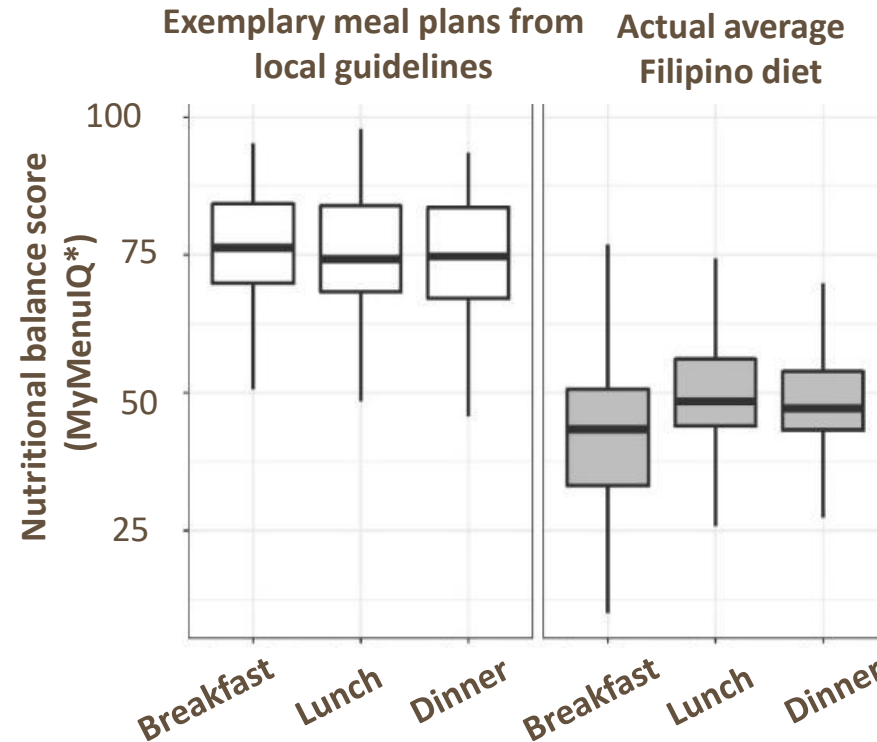


Reviewed by experts, enhanced by nutritionists

Scoring of nutritional balance at meal, menu and diet level

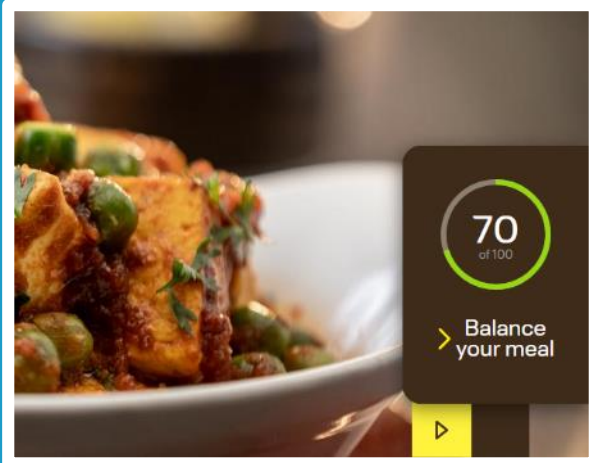
Nutritional balance score based on positive and negative impacts of nutrients on health

Educating about food diversity triggers positive behavior changes



Digital services provide personalized nutrition insights & guardrails

MyMenuIQ™



- Powering MyMenuIQ™ score—indicator of nutritional balance

Menu Plans



- Powering gut-friendly recipes and meal plans

Diet Diversity Score



- Nutritional assessment based on food categories

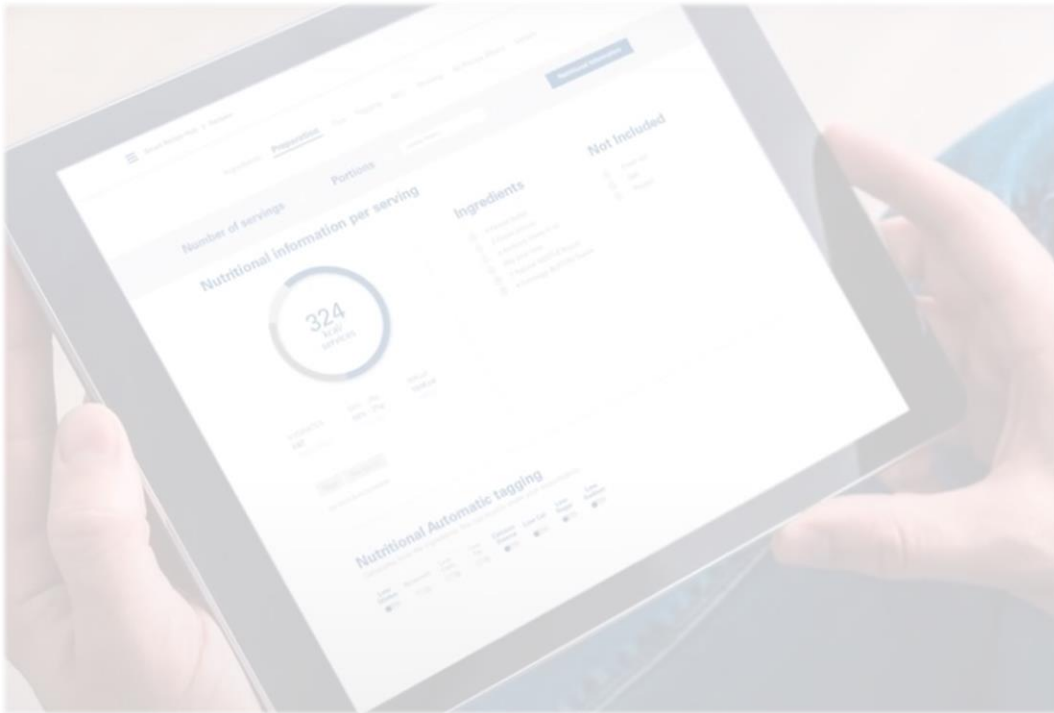
Personalized Nutrition App



- Detailed nutritional profiling with personalized outputs

Digital services and personalized nutrition to enable healthy aging

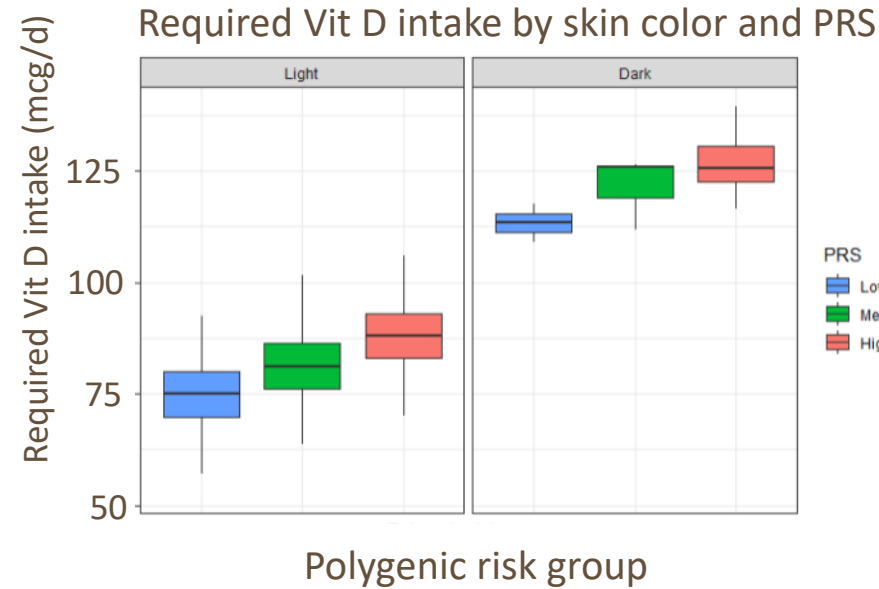
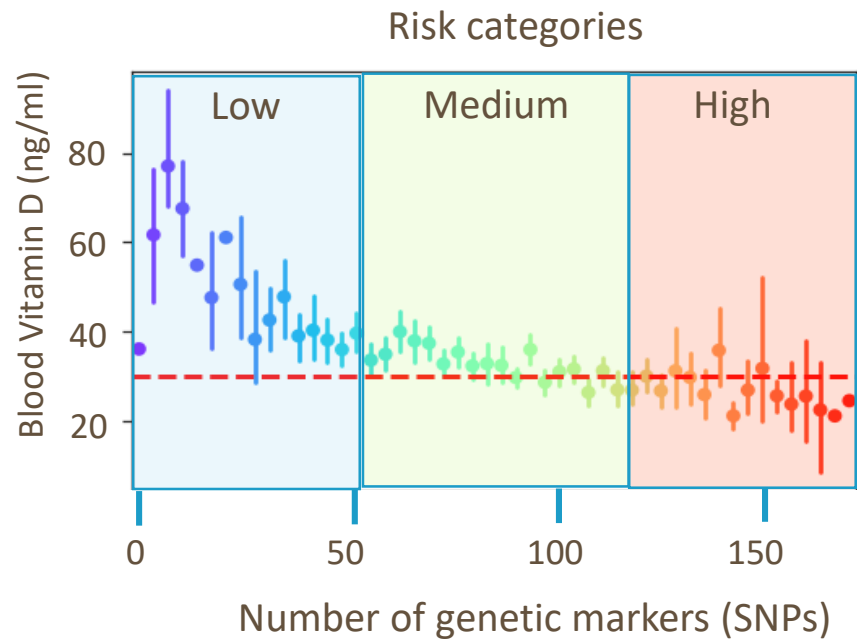
Digital nutrition & health



Personalized nutrient requirements



Nutrient intake needs can be personalized based on genetics



Summary

Making healthier food choices is at the core of personalized nutrition

Personalized nutrition technologies are largely fragmented offerings that require out-of-pocket payments

- Companion diagnostics
- Wearables
- Digital nutrition & health services
- Tailored supplements and food & beverages solutions

Bringing tools for personalized nutrition together has the potential to become a main enabler of primary prevention



Nestlé Institute of Health Sciences @ Nestlé Research

