

SUSTAINABLE DIETS:

A journey to benefit the health of people and planet



Building and enjoying sustainable diets is a complex journey that is inclusive of foods that: promote **BIODIVERSITY & ENVIRONMENTAL HEALTH**; are **NUTRIENT-DENSE**; are easily **ACCESSIBLE & CONVENIENT** for all people; and are **AFFORDABLE** for families.

Biodiversity & Environmental Health

► **REGENERATIVE AGRICULTURE** is a holistic, principles-based approach to farming and ranching that serves to protect, restore and enhance ecosystems and communities.

100% of our U.S. packaging contains accurate date labeling to help reduce food waste.*

*As of January 2022

General Mills has committed to advancing regenerative agriculture on

1M acres of farmland by 2030
(that's almost as big as the Grand Canyon!)



Nutrient-Dense

NUTRIENTS & FOOD GROUPS TO ENCOURAGE¹

NUTRIENT-DENSE FOODS:
Promotes nutrients and food groups to encourage while minimizing the nutrients to limit per calorie of food.

NUTRIENTS TO LIMIT^{1,2}

Accessible & Convenient

We offer products in a **VARIETY OF FORMS.**

SHELF-STABLE

FROZEN

ON-THE-GO

Affordable

We offer many options to help people enjoy delicious, nutrient-dense foods for, **ON AVERAGE, LESS THAN \$1 PER SERVING.**



Visit **BELLINSTITUTE.COM** to learn more about our sustainable diets journey and stay connected with us!



bell institute
OF HEALTH & NUTRITION
General Mills

1 Drewnowski, A. et al. 2021. The New Hybrid Nutrient Density Score NRFh 4:3:3 Tested in Relation to Affordable Nutrient Density and Healthy Eating Index 2015: Analyses of NHANES Data 2013-16. Nutrients. 13(5):1734. <https://doi.org/10.3390/nu13051734>

2 U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).