



PEPSICO

News Bites

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Building a sustainable food system is critical and talking about ways to incorporate sustainability into our daily lives is an important conversation to have. Through our [PepsiCo Positive \(pep+\)](#) platform, we want to make it easier for individuals to make positive choices by choosing high-quality foods and beverages that are good for people and for the planet. That's why we're thrilled to share information on upcoming sustainability events and resources that will help you address these topics in your practice.

PepsiCo Health & Nutrition Sciences (H&NS) is excited to be hosting our second Lab & Learn event, [Addressing the Intersection of Sustainability and Nutrition: Guidance for Your Practice](#), this June. Keep scrolling for more details and registration information – we hope you can join us!



GET TO KNOW US

Charo Mendoza, MSc

Senior Scientist, PepsiCo Health & Nutrition Sciences



Charo is a nutrition science professional with a background in nutritional epidemiology and 10 years of combined experience in public health, academia and industry. After 5 years of supporting PepsiCo's Latin America business in Mexico, she recently moved the U.S. to join the North America team.

What is your current role at PepsiCo? I am responsible for the nutrition science support of the North America Beverages business. Specifically, I focus on monitoring, evaluating, and conducting the science of low-calorie sweeteners and health, as well as managing research, education, and advocacy efforts on this important topic.

What is your favorite PepsiCo product? My perfect combination for a moment of relaxation is a bag of SunChips Harvest Cheddar and a Pepsi Zero Sugar—my favorites from the first moment I tried them!

What is one thing that would surprise people about your work? The significant positive impact we have on millions of consumers every day, by contributing to deliver a broader range of healthier products, incorporating new ingredients with functional

benefits, developing science-based nutrition communication, and educating people inside and outside the company on relevant nutrition science topics. Ever since I worked in public health, I knew that I wanted to promote and drive nutrition and wellbeing on a large scale.



EVENTS & CEU OPPORTUNITIES



1.25 CPEU

Addressing the Intersection of Sustainability and Nutrition: Guidance for Your Practice

Tuesday, June 14 - 1 pm ET

Register Today



Addressing the Intersection of Sustainability and Nutrition: Guidance for Your Practice

Join us for PepsiCo H&NS's second Lab & Learn event, *Addressing the Intersection of Sustainability and Nutrition: Guidance for Your Practice*, on June 14 @1PM ET! This virtual event will highlight the important role healthcare professionals like you play in conversations about making food choices that are sustainable and nutritious. This webinar will provide the tools and knowledge to address the intersection of nutrition and sustainability with clients and patients as this topic evolves and continues to gain traction. Register [here!](#)



1.25 FREE ETHICS CPEU

Unpacking Preconceptions About Packaged Foods

Tuesday, April 12 - 2 pm ET



Unpacking Preconceptions About Packaged Foods

Missed our first Lab & Learn event in April? Head over to the [PepsiCo H&NS website](#) to access the recording and earn 1.25 **ethics** CPEUs. This event featured Shana Minei Spence, MS, RDN, CDN and Beth Johnson, MS, RDN who discussed preconceptions that dietitians may have around packaged foods and examined the functionality, safety and regulation of food ingredients in the U.S.



RESOURCES & MATERIALS

PepsiCo continues to evolve its portfolio of food and beverage products so that they are better for people and planet. The [PepsiCo Nutrition Criteria \(PNC\)](#) were developed as a set of science-based nutrition guidelines to serve as a compass to assist PepsiCo's portfolio transformation. The PNC are based on food and nutrient recommendations from leading global and national nutrition authorities, and set standards for nutrients to limit and nutrients to encourage based on the latest science and country-specific dietary guidelines. To read more about PepsiCo's nutrition philosophy, head over to the [H&NS website](#).



RESEARCH NEWS TO USE

Part of PepsiCo's sustainability agenda is to reduce added sugars in many of our beverages. One of the important tools we use to reduce sugar while satisfying our desire for sweet taste is low-calorie sweeteners. Scientists from PepsiCo H&NS have co-authored [this](#) recently published scientific article describing the development of a practical approach for estimating sweetness of the diet from all sources - including low-calorie sweeteners - that can be used in dietary surveillance studies. The research observed a marked decrease in the approximate total sweetness of the diet driven mostly by declines in beverages, including carbonated soft drinks and tabletop sweeteners, though no meaningful changes were observed for foods. The method can also be extended to answer other important questions, including better understanding the impact of dietary sweetness on diet quality and health outcomes.

Coming this June, a [Sound Bites®](#) podcast episode with host Melissa Joy Dobbins, MS, RDN, CDCES will discuss sweetness science with Dr. Colin Rehm, Senior Principal Scientist at PepsiCo, and Dr. Kees de Graaf, Professor of Sensory Science and Eating Behavior at Wageningen University & Research and a globally recognized expert in sweetness research. Keep a lookout for this episode!



PRODUCT SPOTLIGHTS



Off the Eaten Path is passionate about finding new paths forward, and starting with their [Chickpea Veggie Crisps](#) and [Veggie Crisps](#), PepsiCo has introduced a commercially compostable bag made with plant-based materials. Producing the materials for these bags creates 60% less greenhouse gas emissions than traditional packaging and eliminates waste to landfill. Our veggie and chickpea crisps are a beautiful mosaic of wholesome ingredients like peas, chickpeas or black beans you can actually see! Try these [Off the Eaten Path](#) snacks at your closest Whole Foods store.

Also a part of its sustainability strategy, PepsiCo is transforming its offerings to deliver high quality beverages and snacks without the need for single-use packaging through products such as [SodaStream](#). The goal of SodaStream is to two-fold: 1) to help increase water consumption, and 2) protect the environment by reducing the need for single-use plastic bottles. Every SodaStream bottle will work toward eliminating single-use plastic waste!



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