

# Contribution to nutritional issues

## Approach

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- ▶ Decade of action on nutrition
- ▶ Integrated Report 2020 P37
- ▶ P12
- ▶ Nutrition

## Approach to nutrition

Health problems, such as lifestyle-related diseases, as well as undernutrition and overnutrition caused by aging, diet and lifestyle, are increasing globally<sup>[1]</sup>. A Double Burden of Malnutrition (combination mixture of the problems of undernutrition and overnutrition) is possible not only in a single country or region, but also in an individual. Improving the nutritional balance in our daily diets is important for solving problems such as the insufficient intake of proteins and vegetables or an excess intake of sugar, saturated fat, and salt.

In the 20-25 MTP, the Ajinomoto Group clearly states our intentions to improve the QOL of people around the world. We also stated our aspirations to assist people in maintaining delicious and well-balanced diets by addressing nutritional issues along with our efforts to unlock the power of amino acids. As a global food company involved intimately in daily diets, we pursue initiatives based on a policy of “nutrition without compromise,” meaning no compromise in terms of “taste,” “food access,” and “local way of life.” We plan to further strengthen our activities for addressing nutritional issues while contributing to the well-being of people in the countries and regions in which we operate.

[1] UN “Decade of Action on Nutrition”

### ■ The three pillars of our approach to nutrition

#### · Without compromising taste

The Ajinomoto Group continues to develop and sell healthier products (reduced salt, etc.), and we do so without compromising on the taste consumers enjoy. By providing seasonings such as umami seasoning (MSG), we help consumers cook delicious and healthier meals while contributing to reduced salt in our customer’s products.



Umami seasoning AJI-NO-MOTO®

#### · Without compromising access

We recognize that, while many people in the world have various means to access nutrition (or nourishment), some people have limited choices in terms of the products they can access due to availability, affordability, or convenience. We believe that we are in a distinct position to make nutritious meals more accessible for all through innovations that utilize the functions of amino acids, products and ingredients as well as through our efforts on distribution, price, and convenience.

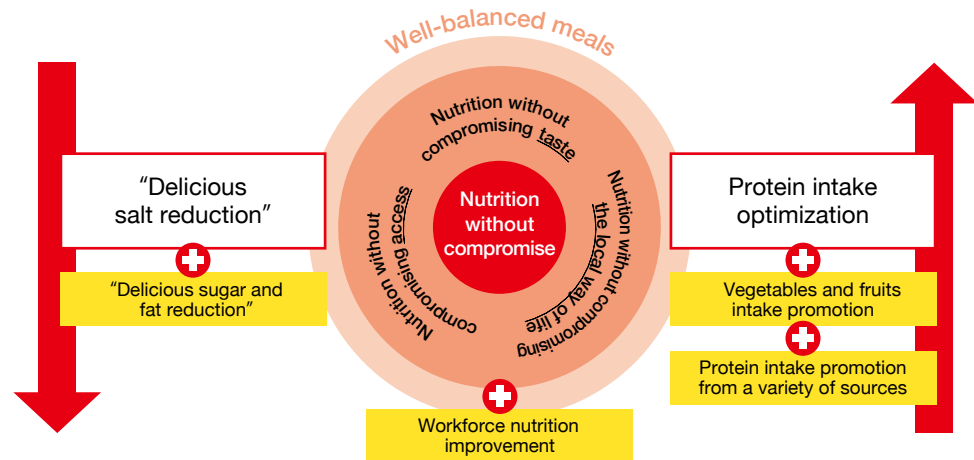
#### · Without compromising the local way of life

The Ajinomoto Group is a global company, but we operate in local markets where there are established approaches to culture, traditions, and enjoying food. When expanding our businesses globally, we adapt our operating models to respect the local customs, food preferences, resources, ingredients, and stakeholders. Further, as communities and economies develop and change, our emphasis on personalization becomes even more relevant.

When nutritious foods taste good, are convenient and easily accessible, and respect local customs and flavors, we are able to promote the long-term intake of well-balanced meals by consumers.

## Contribution to Solve Food and Health Issues

### Ajinomoto Group approach to nutrition



The Ajinomoto Group undertakes various initiatives to achieve the approach described above.

- "Delicious salt reduction" →P17
- Protein intake optimization →P18
- "Delicious sugar and fat reduction" →P19
- Vegetables and fruits intake promotion →P20
- Protein intake promotion from a variety of sources →P21
- Workforce nutrition improvement →P22
- Well-balanced meals →P22
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### Framework for Nutrition Management

Based on the Group Shared Policy on Nutrition and the related Nutrition Strategy Guideline, a cross-organizational task force headed by a Corporate Senior Vice President has continued to formulate a comprehensive nutrition strategy and specific commitments since fiscal 2018. The task force has also created a system to ensure the strategies are executed effectively. In fiscal 2019, the basic policies formulated by this task force were incorporated into the strategies of each business department, setting the stage for the creation of concrete results.

In April 2020, we established the Sustainability Development Dept. to continue further strengthening of our nutrition-focused initiatives. Under the Corporate Executive Officer in charge of sustainability, this department formulates policies and strategies related to nutrition. The department also follows up on the activities of business departments, compiles information, and reports to the Executive Committee and the Board of Directors.

### Introducing a nutrient profiling system

The Ajinomoto Group became the first Japanese company to introduce a system for evaluating food nutrient content – ANPS-P (The Ajinomoto Group Nutrient Profiling System for Product). This is a tool for collecting and analyzing data on the nutrient content of our current and future products. Since April 2020, we have utilized ANPS-P for approximately 500 products from 9 of our group companies in 7 countries, including Japan. We use this system to conduct nutrition initiatives around the globe.

#### Framework

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- ▶ Group Shared Policy on Nutrition
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The ANPS-P conforms to the calculation method applied by the Health Star Rating System, a nutrient profiling system used in Australia and New Zealand. In this system, the nutritional value of food products is rated based on the quantity of nutrients they include for which excess intake should be avoided (calories, sugars<sup>[1]</sup>, sodium, saturated fats<sup>[2]</sup>) and that are recommended but often lacking (proteins, vegetables, fruits, nuts, beans, fiber).

We are also developing a nutrient profiling system for meals made with the Group's products. We plan to apply the system to products that require additional ingredients other than water (such as seasonings, soups, and some packaged food products), while also using the system to create recipes displayed on product packaging. In addition to the above-mentioned nutrient items, we are considering whether to establish unique indicators for deliciousness, such as umami.

[1] Total of five types of sugars contained in products (sucrose, glucose, fructose, lactose, and maltose).




[2] A fatty acid contained mainly in animal fat.

### “Delicious salt reduction”

Risks of high blood pressure and heart disease due to excess salt intake are becoming more serious worldwide. Despite WHO initiatives<sup>[3]</sup> warning against such risks, improvements have yet to be seen. The Ajinomoto Group encourages salt reduction through our unique leading-edge bioscience and fine chemical technologies (e.g., by providing deliciousness through umami). In addition to providing products with reduced salt, we are also disseminating information on low-sodium diets and menus via websites and social media.

Further, we share our expertise regarding methods to reduce salt while maintaining deliciousness, and conduct activities to clarify the effects of salt reduction through joint research and collaboration with related stakeholders. The Group plans to widely publicize our findings to accelerate social implementation of methods to reduce salt while maintaining deliciousness.

[3] Global Action Plan for the Prevention and Control of Noncommunicable Diseases (NCDs) calls for reducing salt intake by 30% by 2025.

Specific initiative	Main product
<ul style="list-style-type: none"> <li>Develop salt reduction technology that utilizes umami to retain the deliciousness and flavor of foods</li> <li>Develop and provide delicious, reduced-salt products with our salt reduction technology (e.g., improved taste using umami seasoning (MSG) and formulation technology, improved physical properties, etc., using enzyme technologies)</li> <li>Collaborate with academia and governments to promote the efficacy of salt reduction utilizing umami and MSG</li> <li>Create a regional ecosystem in conjunction with local governments, retailers, and the media</li> <li>Provide recipes and other valuable information to address excess salt intake (e.g., creation of an <b>AJINOMOTO PARK</b> salt reduction website, promotions for a low-sodium diet using digital advertising, sales of assorted reduced-salt products via in-house mail order operations)</li> </ul>	<p>Japan</p>  <p>Salt      Flavor seasonings      Consommé soup stocks      Soups      Frozen foods</p>
	<p>North America</p>  <p>Frozen foods</p>
	<p>South America</p>  <p>Soups</p>

## Contribution to Solve Food and Health Issues

▶ Integrated Report  
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▶ *Tabesapo* for  
eating well  
to prevent  
malnutrition  
(Japanese only)

■ Activities to publicize and promote the effects of salt reduction using umami and MSG (Japan)  
In September 2019, Ajinomoto Co., Inc. and the Japanese Society of Nutrition and Dietetics held a luncheon seminar at the 66th Annual Meeting of the Japanese Society of Nutrition and Dietetics. This meeting featured a lecture by Hitomi Hayabuchi, a specially appointed professor from the Faculty of Human Life and the Environment at Nara Women's University. The professor provided a commentary on reducing salt while maintaining deliciousness, based on various survey results and food-related data under the theme Actual Practices in Reducing Salt Using Umami.

Although the effects of "delicious salt reduction" using umami and MSG were demonstrated in the 1970s, these finding failed to receive attention from medical professionals tasked with providing patients with guidance on salt reduction. The Ajinomoto Group has supported clinical research at multiple facilities centered on Nara Women's University. In January 2020, the results of the latest research from Nara Women's University were published in the English-language journal, Hypertension Research, issued by The Japanese Society for Hypertension (NPO). These results reconfirmed that the effects of "delicious salt reduction" using umami and MSG could be detected in all people, regardless of gender, age, region, and smoking history<sup>[1]</sup>.

The Ajinomoto Group will continue to organize academic information on the usefulness and safety of umami and MSG accumulated to date to verify value. We also intend to make various policy proposals aimed at enabling society to reduce salt intake while maintaining deliciousness.

[1] Hypertension Research 43, 525-533(2020), Hypertension Research 43, 569-570(2020)

■ Create a regional ecosystem in conjunction with government, retailers, and the media  
Ajinomoto Co., Inc. has been creating local ecosystems in conjunction with local governments, retailers, and the media to roll out a salt reduction promotional program using the umami seasoning *AJI-NO-MOTO*<sup>®</sup>. Since 2014, the Company has been partnering with local government and retailers in Iwate Prefecture, which at the time had the stigma of highest salt intake per capita of any prefecture in Japan. The program conducted in-store promotions of low-sodium menus using local ingredients and our reduced-salt seasonings. In addition to this effort, the Company organized seminars aimed at dieticians on the subject of salt reduction using umami seasoning. These efforts were reported on by the media, and helped to reduce per capita salt intake in Iwate. The prefecture has also established a Iwate Low and Proper Salt Intake Day every month to boost the region's efforts aimed at promoting optimal salt intake.

Since 2016, Ajinomoto (Malaysia) Berhad has been proposing low-sodium menus using umami for use in elderly care facilities. In 2020, collaborations commenced with local universities to promote recipes for low-sodium menus and to expand the scale of its activities. Going forward, plans call for providing these recipes and activities to four elderly care facilities housing approximately 300 residents in total. This initiative has been reported on by local media and has helped encourage people regarding the effects of reducing salt intake.

### Protein intake optimization


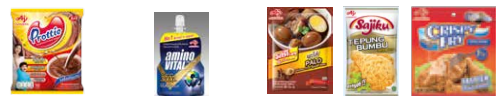
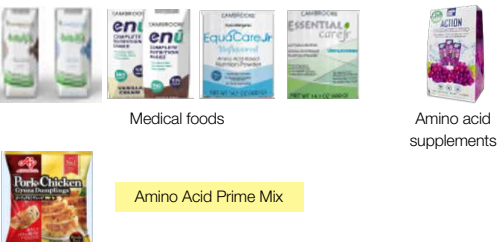


The underprivileged and the elderly suffer from insufficient dietary protein and lack of access to high-quality protein. We are dedicated to improving the intake of protein through our unique approach of providing amino acids, which make up the proteins in our body, to complement lower-quality protein sources, as well as seasonings which enhance the flavor of proteins in meals.

To address the issue of undernutrition of children common in Southeast Asian countries, we launched the healthy powdered beverage *Prottie*<sup>®</sup> in both Thailand and the Philippines to facilitate the intake of nutrients such as protein and calcium. We communicate with mothers on the importance of proteins and other factors for the growth of their children via social media and by selling our products via e-commerce. We endeavor to achieve healthy lives for children in Southeast Asia through healthy and delicious beverage products.

On our website for restaurant-use products in Japan, we provide information for hospitals and nursing facilities, sharing menus that promote protein intake.

# Contribution to Solve Food and Health Issues

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Specific initiative	Main product
<ul style="list-style-type: none"> <li>• Develop and provide products to eliminate insufficient protein intake</li> <li>• Provide recipes and other valuable information to promote protein intake optimization</li> </ul>	<p><b>Japan</b></p>  <p>Flavor seasonings   Menu-specific seasonings   Meat seasonings   Soups</p> <p>Frozen foods   Amino acid supplements</p> <p>Amino Acid Prime Mix</p>
	<p><b>Asia</b></p>  <p>Powdered beverage for infants and toddlers   Amino acid supplements   Menu-specific seasonings</p> <p>Amino Acid Prime Mix</p>
	<p><b>North America</b></p>  <p>Medical foods   Amino acid supplements</p> <p>Frozen foods</p> <p>Amino Acid Prime Mix</p>
	<p><b>South America</b></p>  <p>Flavor seasonings   Soups   Amino acid supplements</p> <p>Amino Acid Prime Mix</p>
	<p><b>EMEA<sup>[1]</sup></b></p>  <p>Medical foods   Frozen foods</p> <p>Amino Acid Prime Mix</p>

[1] Europe, the Middle East and Africa

## “Delicious sugar and fat reduction”

Issues such as obesity and diabetes are gaining attention in the global debate on health. The Ajinomoto Group is focusing on developing alternative sweeteners and recipes to reduce sugar and saturated fat content in our products and the products of our business customers.

Performance

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## Contribution to Solve Food and Health Issues

### ■ Sugar reduction

The Ajinomoto Group has utilized its amino acid production technologies in the use of two amino acid sweeteners, aspartame and advantame, which are roughly 200 and between 20,000 to 40,000 times sweeter than sugar, respectively. The selective use of high-intensity sweeteners can meet consumer sugar-reduction needs without sacrificing the taste of sweetness, and we provide these sweetness applications to businesses across the food and beverage industry. We also market products developed to support sugar reduction and appropriate sugar intake. These products include *Pal Sweet*®, a smooth-tasting low-calorie sweetener with zero sugar, *Refresco FIT*, a powdered juice that uses aspartame and is sold in Brazil, and *PAL SWEET DIET*® for BtoB sales that enhances the taste of food with natural sweetness. In 2020, the Group launched two varieties of *Birdy*® canned coffee in Thailand. These products have 50% less sugar than the conventional product. It is through products such as these and others that we support proper sugar intake.

### ■ Fat reduction

The Ajinomoto Group has identified a substance that imparts a rich taste and deep flavor to cooking. We call the function of this substance, “kokumi.” We are increasingly finding that kokumi serves to compensate for the sensation of fat in foods. Utilizing this function, the Group developed and markets *Pure Select*® *Koku Uma*® mayonnaise. This product has the same rich taste as regular mayonnaise (due to a proprietary manufacturing method) and 65% fewer calories (compared to the Company’s regular mayonnaise). We have also developed and marketed a low-fat *Marim*® creaming powder with 50% less fat.

Specific initiative	Main product
<ul style="list-style-type: none"> <li>Develop and provide delicious products that address overconsumption of sugar and saturated fat (e.g., improved taste using material, such as sweeteners and kokumi, and formulation technology)</li> <li>Provide recipes and other valuable information to reduce sugar and saturated fat intake</li> </ul>	<b>Japan</b>  Powdered beverages      Sweeteners      Seasonings      Creaming powder
	<b>Asia</b>  Canned coffee
	<b>South America</b>  Powdered juice

### Vegetables and fruits intake promotion








By supporting well-balanced meals, the Group promotes the intake of vegetables and fruits, which are sources of abundant vitamins and minerals. For example, our product packages display recipes that encourage consumers to consume more vegetables and fruits.

In Japan, we promote the *Love Vege* program to encourage people to eat more vegetables in Aichi Prefecture, which had the lowest vegetable intake among all prefectures in Japan according to the National Health and Nutrition Survey of Japan’s Ministry of Health, Labor and Welfare. We have engaged in various initiatives to boost vegetable intake, including recipe contests by dietician college students, and menu development in collaboration with local cooking researchers, cafés and NPOs. We also made proposals to supermarkets to show products more attractively in their stores. This project has become a companywide movement and as of the end of fiscal 2019, has spread to 25 prefectures nationwide.

Performance

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## Contribution to Solve Food and Health Issues

Specific initiative	Main product
<ul style="list-style-type: none"> <li>• Develop and provide seasonings and frozen foods that promote vegetables and fruits intake</li> <li>• Provide recipes and other valuable information for increasing vegetables and fruits intake</li> <li>• Establish a regional ecosystem in conjunction with local governments, retailers and the media (e.g., <i>Love Vege</i> programs in 25 Japanese prefectures (fiscal 2019))</li> </ul>	<p>Japan</p> <div style="display: flex; justify-content: space-around; align-items: center;">     </div> <p>Menu-specific seasonings    Consommé soup stocks    Soups    Frozen foods (gyoza with vegetables)</p>
	<p>Asia</p> <div style="display: flex; justify-content: center; align-items: center;">  </div> <p>Flavor seasonings</p>
	<p>North America</p> <div style="display: flex; justify-content: center; align-items: center;">  </div> <p>Frozen foods (fried noodles with vegetables)</p>
	<p>EMEA</p> <div style="display: flex; justify-content: center; align-items: center;">  </div> <p>Frozen foods (gyoza with vegetables)</p>

### Protein intake promotion from a variety of sources

According to the WHO, about 20% of elderly people worldwide do not have sufficient intake of essential nutrients, such as protein, that are needed to maintain and increase muscle mass and strength. We recognize that these conditions increase the number of people requiring nursing care, which is a major factor affecting healthy life expectancy. In addition, to passing on a rich global environment to the next generation, we are undertaking initiatives to boost the intake of sustainable and diverse proteins, while promoting the use and commercialization of proteins from various origins. Generally speaking, plant-derived proteins often have a poor amino acid balance and a lower nutritional value than animal-derived proteins. We are supplementing plant-based proteins with amino acids to enhance nutritional quality while contributing to improved protein intake.

Ajinomoto Co., Inc. has acquired exclusive marketing rights in Japan for *Mankai* a type of high-protein<sup>[1]</sup> aquatic plant (duckweed) owned by Hinoman Ltd. of Israel. *Mankai* is a plant material more easily digested and absorbed in the body than existing protein materials. This plant also offers excellent nutritional value, including vitamins, minerals, unsaturated fatty acids such as omega-3 fatty acids, and dietary fiber. Since this plant can be cultivated using small amounts of water, light, and nutrients in only a short period of time, it can be produced efficiently with low levels of environmental impact. Currently, the Company is developing new products with good nutritional balance by combining *Mankai* with our processing and other technological capabilities.

[1] Approx. 45% of the nutritional components of *Mankai* (dry powder) are proteins.

Performance

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## Contribution to Solve Food and Health Issues

Performance




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Performance

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Specific initiative	Main product
<ul style="list-style-type: none"> <li>Develop and provide products that promote intake of non-animal proteins (e.g., improved taste for non-animal proteins using material, such as umami seasonings and MSG, and formulation technology)</li> </ul>	<b>Japan</b>   Bean soups      Product using <i>Mankai</i> (in development)
	<b>EMEA</b>  Bean soups

### Workforce nutrition improvement

The Ajinomoto Group believes that employee health is one of our most important foundations. We are focused on improving workforce nutrition as well as employee nutrition literacy.

In June 2019, Ajinomoto Co., Inc. invited experts to provide health and nutrition lectures for employees. These lectures introduced important points for lifestyle habits on the topic of dietary intake for pre-seniors (50s to mid-60s) to achieve healthy life expectancy. In January 2020, the Company began offering healthy lunches (*MyHealth* Lunch) at company cafeterias nationwide, providing a menu reflecting the health issues of each business site. Our aim is to help employees improve health and well-being through a set menu of staple foods, main dishes, side dishes and soups with balanced vegetables, protein, and sodium content.

#### Specific initiative

- Improving the nutrition of employees and their families (e.g., balanced menus at company cafeterias, nutrition seminars and guidance for employees by dietitians, employee nursing rooms (Japan))

### Well-balanced meals

Since our founding, the Ajinomoto Group has contributed to the well-being of people by unlocking the power of amino acids to promote well-balanced meals that are full of flavor but also offer nutritional value.

We promote well-balanced meals with the precondition that they match the dietary habits and food preferences of each country and region. We also value a comprehensive approach to health, such as providing nutrition that meets diverse lifestyle and the diverse value required for food, and providing nutritious meals at schools and hospitals.

#### Specific initiative

- Provide information regarding well-balanced meals (e.g., age- and occasion-based menu proposals on company websites)
- Activities to improve nutritional balance (e.g., support for healthy living and conditioning with *Kachimeshi* (Japan, Thailand, and Indonesia), support for the national nutrition initiative *Pinggang Pinoy*® (The Philippines), school lunch projects (Vietnam and Indonesia), collaboration with academia and government in international academic conferences, etc.)



## Contribution to Solve Food and Health Issues

### ■ Support for healthy living and conditioning with *Kachimeshi*®

Since 2003, Ajinomoto Co., Inc. has provided conditioning support in the form of food and amino acids to world-class athletes through the *Victory Project*®, a partnership with the Japanese Olympic Committee. The Company has concentrated this knowledge into *Kachimeshi*® for general consumers in Japan. This program supports healthy living and conditioning by sharing health and nutrition information as well as easy-to-prepare, delicious meal plans arranged by theme at stores of major retailers, restaurants, and company cafeterias. We also pursue collaborations with governments, etc., to propose menu ideas suited to each region.

Based on the model of *Kachimeshi*® cultivated in Japan, the Group has currently expanded the *Kachimeshi* program into six countries overseas to support athletes in each country. In four of these countries (Thailand, Indonesia, the Philippines, and Singapore), we have also introduced our *ASEAN Victory Project* to provide nutritional and dietary support to athletes and sports teams. At the 30th South East Asian Games held in November and December of 2019, many athletes and teams receiving nutritional support performed well and won gold medals.

### ! Winning Meals! *Kachimeshi*®



Examples of well-balanced model plan

### ■ Support for national nutrition initiatives (the Philippines)

The Philippines faces challenges of both under- and over-nutrition, resulting in underweight and obesity. These challenges are likely due in part to a nutritional balance leaning heavily toward carbohydrates. In response to these challenges, the Philippine government, in collaboration with the WHO and other parties, developed the *Pinggang Pinoy*® dietary guide to help consumers develop healthy eating habits. Since fiscal 2018, AJINOMOTO PHILIPPINES CORPORATION (APC) has worked with the Philippines Department of Health and other government agencies to help promote and implement *Pinggang Pinoy*® through APC products and services.

Specifically, APC has used the Ajinomoto Group's expertise and products in developing delicious, healthy, easy-to-prepare, and affordable meals. APC also uses its website and social media channels to offer these meal ideas for the everyday enjoyment and nutritional health of consumers. Further, APC uses product packaging itself as another channel to communicate with consumers. In developing menus, APC refers to *a-MENU*, the Ajinomoto Group's unique database of information related to local daily diets and consumer attributes. APC then incorporates the results of national standards for commonly deficient nutritional elements (such as vitamins and minerals lacking due to insufficient consumption of vegetables and fruits) or commonly excessive nutritional elements (such as carbohydrates and salt) compared to the actual dietary and cooking habits of consumers. APC also sponsors educational events for housewives, offering education about the double burden of malnutrition, conducting cooking demonstrations using recipes made from Ajinomoto Group products, and otherwise providing tips to solve nutritional issues.

Moving forward, we will continue to leverage our strengths in striving to raise the level of understanding related to nutrition and meals, contributing to nutritional solutions for the people of the Philippines.



Weekly menu proposal on APC website

## Contribution to Solve Food and Health Issues

Performance






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### Other initiatives

The Ajinomoto Group is focused on optimizing the quality and quantity of nutrients in individual products and menus to improve nutrition. To accomplish this goal, we must supply the necessary nutrients.

In November 2019, we launched *AJI SAVOR™ ON RICE* in the Philippines. Inspired by the Japanese seasonings, *furikake*, this product is designed to easily increase calcium intake by being sprinkled on rice, which is a staple food of the Philippines. Due to a shortage of calcium intake for all age groups in the Philippines, we aim to assist in proper calcium intake through our products.

In May 2020, we launched the nutritional supplement *Multivitamin & Minerals* in Japan. This product contains 12 vitamins and nine minerals essential for maintaining daily health, and is designed to supplement nutrients that individuals tend to lack due to an unbalanced lifestyle and diet.

Specific initiative	Main product
<ul style="list-style-type: none"> <li>Develop and provide products that eliminate inadequate intake of micronutrients</li> </ul>	<p>Japan</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p>Creaming powder (vitamins and calcium)    Supplements (vitamins and minerals)</p>
	<p>Asia</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p>Supplements (vitamins and minerals)    Seasonings (calcium)</p>
	<p>North America</p> <div style="display: flex; justify-content: center; align-items: center;">  </div> <p>Medical foods (for patients with amino acid metabolism disorders, etc.)</p>

### Performance

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### Approach to age-specific nutritional issues

The Ajinomoto Group is addressing nutritional issues by age such as infants and the elderly, with major stakeholders in the nutrition field.

#### ■ Contribution to nutritional issues in infants and toddlers

The Ajinomoto Group helps eliminate malnutrition in weaning-aged children in the Republic of Ghana through donations to the Ajinomoto Foundation's Ghana Nutrition Improvement Project.

#### ■ Contribution to nutritional issues from early childhood to adolescence

In Vietnam, many children suffer from stunted growth and low body weight, especially in rural areas. At the same time, a growing number of children in urban areas are overweight and obese. To resolve these issues, AJINOMOTO VIETNAM CO., LTD. launched the School Meal Project in 2012 to apply ideas learned from Japan's school lunch system. Working with central government ministries, including the Ministry of Education and Training, and the Ministry of Health, the company has been carrying out a range of activities to deploy well-balanced school meals nationwide. The project has developed and provided school-meal menu books and food and nutrition education materials, as well as developed and implemented menu-making software. As of March 2020, school lunch project activities have expanded across 62 municipalities and over 4,000 elementary schools.

In Indonesia, the high percentage of children with low body weight, stunted growth and anemia is a serious social problem. PT AJINOMOTO INDONESIA implemented a school meal project in partnership with the Department of Nutrition at Institut Pertanian Bogor University beginning in fiscal 2018. The ten-month program provided nutritionally balanced school lunches and taught diet and nutrition to teenage students, and has led to more balanced nutritional intakes, lifestyle changes and the improvement of anemic conditions of the students. The company conducted this project in fiscal 2019 and will continue to do so, helping to resolve children's health issues.

#### ■ Dealing with nutritional issues in young women (Japan)

In Japan, weight loss has become noticeably more common among women in their 20s and 30s. Unhealthy weight loss has been linked to poor health, risk of obesity in future offspring, risk of diabetes due to insufficient muscle mass and risk of falling and bone fracture in old age.

Ajinomoto Co., Inc. published the basic edition of the book *Women's Self Care*, in March 2020. We distributed this book to organizations such as the Kanagawa Dietetic Association, in addition to publishing the book online via the corporate website. This book explains the lifelong changes that the body of a woman undergoes and suggests proper nutritional intake and exercise habits.

## Contribution to Solve Food and Health Issues

▶ *Tabesapo* for eating well to prevent malnutrition (Japanese only)

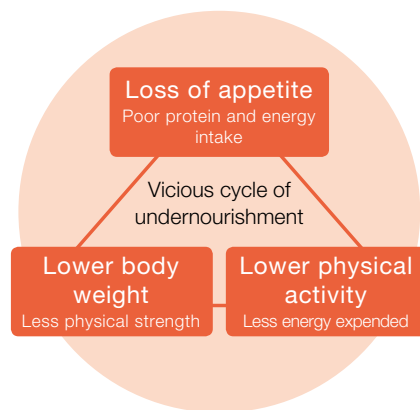
### ■ Dealing with nutritional issues in the elderly (Japan)

Elderly people may not be able to eat adequately due to declining physical functions and loss of appetite as they age. Less food intake causes body weight to decrease and muscular and physical strength to deteriorate, which may then lead to lower physical activity, less appetite, and a vicious cycle of undernourishment.

To prevent this, Ajinomoto Co., Inc. leverages its protein and amino acid nutrition expertise and strives to publicly disseminate nutritional knowledge to people with health problems. In addition, we continue to partner with specialists, providing information for immediate use to healthcare providers, registered dietitians and pharmacists as guidance tools, and conducting training to foster deeper understanding.

Our website for restaurant-use products now features a page entitled *Tabesapo* to eat well and prevent malnutrition. This webpage provides suggestions on tasty and easy-to-eat meals designed to maintain good health and reflect the physical changes unique to elderly people. We aim to support their nutritional intake by introducing techniques that make eating easier, as well as menu suggestions that utilize our products and cooking methods for each ingredient.

### Vicious cycle of undernourishment



### Three keys to prevent undernourishment



### Initiatives to resolve nutritional issues

The Ajinomoto Group aims to deepen our understanding of global nutritional issues through participation in international conferences and dialogue with leaders around the world. We also help solve nutritional issues through global collaboration and by actively sharing our knowledge and expertise.

#### ■ Lecture at the 2nd Well Aging Society Summit Asia-Japan

In October 2019, the 2nd Well Aging Society Summit Asia-Japan was held in which participants such as experts, large corporations, start-up companies, investors, and government agencies from all over the world gathered to discuss global initiatives and solutions for a super-aged society.

Takaaki Nishii, President and CEO of Ajinomoto Co., Inc., participated in a panel discussion where he not only exchanged opinions with stakeholders, but also introduced examples of solutions to resolve nutritional issues. These examples included the Ajinomoto Group *Kachimeshi*® program and activities to promote “delicious salt reduction.” Other examples were our Vietnam school lunch project, as well as the mother-child nutrition improvement initiatives promoted by the Ajinomoto Foundation in Ghana.

Performance

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## Contribution to Solve Food and Health Issues

### ■ Exchanging opinions at the 7th Tokyo International Conference on African Development

The 7th Tokyo International Conference on African Development (TICAD7) was held in August 2019 in Yokohama. This conference was attended by more than 10,000 people, including representatives of 53 African countries, 52 development partner countries, 108 international and regional organizations, and representatives of civil society such as those from the private sector and NGOs. Here, the Ajinomoto Group exhibited a booth promoting the safety of umami and MSG, introducing our products sold in Africa.

Taking this opportunity, Takaaki Nishii, President and CEO of Ajinomoto Co., Inc., met with Dr. Lawrence Haddad from the GAIN<sup>[1]</sup> Foundation, a well-known professional in the nutrition field, and Inge Kauer from ATNF<sup>[2]</sup>. This meeting served to encourage an understanding of the nutritional improvement the Group aims to achieve. Nishii also sought GAIN's leadership and support, as well as ATNF's understanding, regarding our expansion of activities for nutritional improvement awareness.

[1] The Global Alliance for Improved Nutrition: An NGO established in 2002 under the leadership of the United Nations and whose headquarters is located in Geneva, Switzerland.

[2] Access to Nutrition Foundation: A foundation that compiles rankings of nutritional improvement activities entitled "Access to Nutrition Index (ATNI)."

### ■ Dialogue with Mr. Tijjani Muhammad-Bande, President of the 74th Session of the United Nations General Assembly

In July 2019, a dialogue was held between President and CEO Takaaki Nishii and Mr. Tijjani Muhammad-Bande, next President of the United Nations General Assembly (at that time), at the headquarters of Ajinomoto Co., Inc.

Among the targets of the United Nation's Sustainable Development Goals (SDGs), Mr. Muhammad-Bande is particularly keen on Goal 2, Zero Hunger. The Ajinomoto Group gave a presentation on nutritional improvement, agricultural support, and product development in Africa, as well as an explanation regarding the progress of the Ghana Nutrition Improvement Project promoted by the Ajinomoto Foundation.

### ■ Participation in Asian Congress of Nutrition 2019

In August 2019, the Asian Congress of Nutrition 2019 was held in Bali, Indonesia. The Ajinomoto Group was a sponsor of this conference, where we exhibited a booth and held a symposium.

At our booth, we shared information on our contributions to resolving nutritional issues in the Asia-Pacific region. We exhibited practical nutrition improvement through products such as *aminoVITAL*®, *Prottie*®, *AJI-NO-MOTO*®, and *Masako*®, and highlighted our school lunch projects in the Philippines and Indonesia. We invited experts to our symposium to offer educational lectures on nutrient profiling systems in Asia.