



Title	Group Nutrition and Food Security Policy
Scope	Regal Springs Group and all operations.
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Sponsors	Head of Corporate Affairs, Group Sustainability Manager

1. Purpose.

This policy outlines our commitment to producing tilapia that support food security and promotes public health by delivering high-quality, safe, and nutrient-dense seafood. We aim to ensure that our operations align with sustainable practices and contribute positively to local and global food systems.

2. Scope.

This policy outlines the guiding principles that all Regal Springs Group operational sites, its marketing and sales offices follow to enhance the role of our products in global food security.

3. Introduction.

Regal Springs is a fully integrated pioneer in sustainably and responsibly reared tilapia. Sustainability has been our founding principle and core to our DNA for over 30 years, since we set up our first aquaculture site in Indonesia. Since then, we have expanded farming of Regal Springs premium and responsibly reared tilapia in our cage farming sites in the pristine lakes of Indonesia, Honduras and Mexico.

4. Regal Springs Tilapia is healthy food.

Regal Springs Premium Tilapia offers exceptional nutritional benefits. Its nutrient profile qualifies it as a "**healthy**" choice¹, highlighting its positive contribution to a well-balanced diet.

Regal Springs Tilapia is reared following rigorous certifications standards for food safety and sustainability, ensuring the consistency of the nutritional profile of every fish produced and placed on the market. Please see our website for up-to-date information on certifications (<https://regalsprings.com/>)



Our tilapia products are **tested by third party** certified laboratories to ensure our reported nutritional profile is externally verified. Regal Spring's tilapia nutritional profile is reported in the table below. One portion of Regal Springs **tilapia loin (113 gr/4 oz)** stands out for its high protein content and the very low fats, of which less than 0.5% are saturated fats.

Nutritional Profile (as aggregate from all production sites)	Protein (gr)	Total lipids (gr)	Saturated fats (gr)	Carbohydrate (gr)	Sodium (mg)	Cholesterol (mg)
Regal Springs Tilapia raw loin portion (113 gr)	21	1.9	0.6	0	0.05	57

Tilapia is also a good source of many essential nutrients which cannot be produced by the human body but must be obtained through food for a healthy life. For adults, just one portion of **cooked** tilapia (113 gr or 4 oz) provides as much as **88%**² of the daily recommended intake of **vitamin B12**³, needed for the functioning of the central nervous system and red blood formation, over **100 %**² of the daily recommended intake of **selenium**, an essential mineral for good thyroid hormone metabolisms and protection from oxidative damage and infection⁴. It is also a good source of potassium, vitamin D and phosphorus.

5. Regal Springs Premium Product Quality.

At Regal Springs, we are committed to excellence at every stage of our farming and processing operations to deliver consistently nutritious fish. Our tilapia is raised in suspended net pens in remote, pristine tropical lakes.

We continuously monitor water quality and fish well-being to ensure that our tilapia thrive throughout their entire life cycle. By maintaining proper levels of dissolved oxygen, providing ample space to swim, and meeting all nutritional needs at every stage of growth, our fish remain healthy and swim in clean, natural waters.

A critical element of our quality promise begins at the point of harvest. Regal Springs is proud to be the first tilapia producer to implement humane stunning equipment at all our sites. This technology ethically renders the fish unconscious before processing, significantly reducing stress and improving overall welfare. Lower stress levels also result in superior product quality—leading to firmer fillets and longer shelf life.



Thanks to our fully integrated supply chain, all our fish are harvested, processed, and frozen **within four hours**, locking in freshness and maintaining **peak quality**.

Finally, we uphold a strict **zero-tolerance policy on the use of chemicals or preservatives** to artificially enhance quality or shelf life. Every Regal Springs product is 100% free from added chemicals and is rigorously tested—both internally and by third parties—at every stage of the process.

6. The role of Regal Springs Tilapia in Food Security

In 1996, the United Nations Food and Agriculture Organization (FAO) convened the **World Food Summit** to address the increasing awareness that food insecurity was not just about food production, but also about broader systemic issues such as access, stability, and utilization. The Summit led to the establishment of **four pillars of food security**⁵, which Regal Springs follows to contribute to healthier communities today and that of future generations.

Regal Springs' commitment to the four pillars of food security is actively implemented across our operating countries through a collaborative effort between our sustainability, sales, and marketing teams as follows:

- a) **Physical** availability of food: our tilapia is available in all three production countries to support local seafood distributors and shops. Local sales and distribution in local markets are part of Regal Spring's business model which does not only rely on exports.
- b) **Economic and physical access to food**: local production does not always translate into local availability and efforts are necessary to ensure that food produced locally is also available to the production areas.

In each production country, we work strategically **with local stakeholders** to identify population segments in need and to tailor our projects to meet their specific needs. In **low-income areas facing malnutrition challenges**, we partner with local institutions and government departments to provide free or heavily discounted fish, vegetables and other basic staples, to schools, underserved families, and pregnant women. Each production center has a dedicated community engagement lead who ensures that local concerns are heard and addressed. All our nutrition-focused community programs are reported publicly in our Global Impact Report on our website.

- c) **Food utilization**: it refers to the way food is processed by the body to create the energy needed to support the good nutritional status of the individual. Preparation, storage and distribution play an important role.

Supported by our stringent food safety procedures and certifications such as **BRC Global Standard**, we take full responsibility for delivering safe products and are



committed to providing all customers with complete transparency and traceability.

- d) **Stability:** having access to nutritional food is not enough, this must be coupled with consistent access to it to avoid food insecurity and malnutrition.

Where possible, to amplify the positive impact of our projects, **we partner** we local government departments and NGOs to run **long-term projects** to provide tilapia-based meals to underserved areas and communities, and we work with the local government officials to keep track of malnutrition and stunting rates year after year to enable us to re-direct resources as needed.

Education plays a vital role in empowering individuals with the knowledge they need to understand the benefits of a balanced diet. Our sustainability teams partner with schools, doctors, and nutritionists to educate children on the importance of fish in a balanced diet.

Each of our regional team develops **nutritious recipes** that are tailored to local tastes and culinary traditions, making tilapia both easy and enjoyable to prepare. To make healthy eating more accessible, we share simple, nutritious recipe ideas through engaging images and videos across our social media platforms which are active for every region of operation and sales: Indonesia, Honduras, Mexico, Germany and the United States.

All our educational and food security initiatives are reported in our **Global Impact Report** on our website.

7. Contributing to a resilient food system

In a world where natural resources are becoming increasingly scarce and the global population continues to grow, ensuring **food security** and **nutritional quality** has become inseparable from the transformation of our food systems. At Regal Springs, we recognize that addressing this challenge requires responsible stewardship of both people and the planet.

Our policy is not only based on the **four pillars of food security**, but we are also committed to tackling the broader issues of **climate change** and **resource efficiency**. Guided by the outcomes of the **United Nations Food Systems Summit 2021**⁶, we adopt responsible aquaculture practices to contribute to a healthier, more sustainable, and equitable global food system.

Environmentally, our responsible **freshwater tilapia farming in net pens** is among the most efficient animal protein systems available, performing as well as or better than **chicken**⁷, which is widely recognized as the most sustainable terrestrial protein source. Nonetheless, we continue to take deliberate actions to enhance the sustainability of our production. This includes reducing **fish waste**, continually increasing **resource utilization efficiency**, and **increasing the resilience** of our operations to climate impacts, all while supporting **equitable livelihoods** in the communities where we operate. Our policies focused on these topics are available on our corporate websites at <https://regalsprings.com/policies/>.



References:

1. <https://www.seafoodnutrition.org/research/seafood-automatically-qualifies-for-the-healthy-claim-under-fda-final-rule/>
2. <https://fdc.nal.usda.gov/food-details/175177/nutrients>
3. <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>
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5. <https://www.worldbank.org/en/topic/agriculture/brief/food-security-update/what-is-food-security>
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