

PLEASURE, WELL-BEING, HEALTH & BEAUTY :

WHAT IF VEGETABLES BRING EVERYONE TOGETHER?

APRIL 2026





LET'S UNLEASH THE POWER OF VEGGIES, SO THEY BECOME A PERMANENT PART OF OUR LIFESTYLE!

WE HAVE NEVER TALKED SO MUCH ABOUT WELL-BEING IN ALL ITS FORMS.

Never before have people sought so earnestly to boost their energy, achieve a more radiant complexion, build a more resilient immune system, and find greater inner balance. And never before have they consumed so many dietary supplements in an effort to achieve these goals. According to international health survey data¹, the consumption of these supplements has, over recent decades, revealing just how deeply ingrained these solutions have become in our lifestyles.

This quest for quick fixes says a lot about our modern lifestyles: rushed, fragmented, torn between the ambition to do better and the constraints of daily life, compounded by a lack of understanding of the power of food itself.

As Hippocrates, the father of modern medicine, once said, **"Food is your first medicine."** Our physical and mental health, our energy and our immune system depend on a complex biological system, the foundation of which is a balanced and diversified diet. At the heart of these mechanisms are the fiber, vitamins, and minerals provided by plant-rich foods, particularly veggies...

And yet, consumption of these foods continues to decline : according to data from the European Health Interview Survey², **only 12% of adults meet the recommendation of fruits and vegetables per day.**

Between time constraints, mental overload, tight budgets, and varying levels of culinary skill, eating plant-rich foods can be a real challenge. While flexitarianism has become widespread in society - **7 out of 10 French people are reportedly already following this approach*** but its implementation remains fragile³ : the dietary transition rarely in a straight line.

That is why, in light of the most recent scientific studies, we propose to **restore plant-rich foods to their rightful place: at the center of the plate.** As an indispensable ally for our well-being, our health, and our beauty—every day, and for the long term.



CÉLINE BARRAL

Chief Strategy, Brands
and Impact Officer

1 - Mishra, S., Gahche, J.J., Ogden, C.L., et al. Dietary Supplement Use in the United States: National Health and Nutrition Examination Survey (NHANES), 2017–March 2020. National Center for Health Statistics (NCHS), Centers for Disease Control and Prevention (CDC), 2023. <https://www.cdc.gov/nchs/data/nhsr/nhsr183.pdf> [cdc.gov]
2 - Eurostat (European Commission). How much fruit and vegetables do you eat daily? European Health Interview Survey (EHIS), data 2019, published January 2022
3 - OpinionWay 2025 Study for Bonduelle - Flexitarianism Observatory - panel of 427 flexitarian households tracked for 12 months
* IPSOS study for BONDUELLE - Sept 2023

VEGGIES: KEY PLAYERS IN HUMAN HEALTH

What if, by 2026, it were possible to prevent some of our so-called “lifestyle-related” diseases by eating more vegetables?

This is what Harvard researchers are advocating today in their guide “*Harvard Healthy Eating Plate*”⁴. To counterbalance a diet that is generally too rich, too meat-heavy, and too sugary, **half of each meal’s portion should consist of fruits and vegetables, in all their forms, raw or cooked.**

An easy way to remember... but still far from common practice

90% of adults in the United States⁵ **DO NOT MEET THE FRUITS AND VEGGIES’ RECOMMENDATIONS**

88% of adults in Europe⁶

Plant-rich foods aren't just a requirement for our future health;
they are an ally for our well-being today.

“What new insights does science offer regarding plant-rich foods?**”**

Vegetables have long been recognized for their high levels of vitamins, minerals, and fiber. What is less well known, however, is how these nutrients work at a deeper level to protect our bodies.

Research is advancing rapidly on these mechanisms, and recent studies **confirm the central role of vegetables in overall health.**



ELOÏSE CASTAGNA
Bonduelle Nutrition and Health Expert

4 - Healthy Eating Plate vs. USDA's MyPlate - The Nutrition Source / <https://nutritionsource.hsph.harvard.edu/healthy-eating-plate-vs-usda-myplate>
5 - Seung Hee Lee, PhD ; Latetia V. Moore, PhD ; Sohyun Park, PhD ; Diane M. Harris, PhD ; Heidi M. Blanck, PhD - Adults Meeting Fruit and Vegetable Intake Recommendations — United States, 2019
6 - Eurostat — European Commission, Daily News, 4 janvier 2022 <https://ec.europa.eu/eurostat>

VEGGIES REDUCE THE BODY'S ACID LOAD

In Western countries, our modern diet—which is too high in meat and cheese, as well as refined grains, salt, ultra-processed foods, and alcohol—tends to acidify our bodies.

While pathological acidosis remains rare, researchers are increasingly discussing “*low-grade chronic acidosis*” a subtle, often silent condition that is not pathological in itself but has been linked in numerous observational studies to metabolic and bone imbalances. It is reportedly linked to bone loss that promotes osteoporosis, muscle wasting, insulin resistance that increases the risk of type 2 diabetes, hypertension associated with cardiovascular risks, as well as certain kidney disorders.⁷

The good news? This mild acidosis can be corrected through diet.

Start by moderating your intake of acid-forming foods and regularly consuming alkaline-forming foods, primarily green veggies and pulses, which are sources of magnesium and potassium.⁸

DAHL CORAL LENTILS & SPINACH

A recipe that helps regulate the body's acid-base balance



And because well-being is rarely built through drastic changes, but rather through a series of very concrete steps, this acid-base rebalancing naturally leads to **another key indicator of our modern vitality: energy.**

7 - Abbastabar M, Mohammadi-Pirouz Z, Omidvar S, Bakhtiari A, Crowe FL, Sepidarkish M. Dietary Acid Load and Human Health: A Systematic Review and Meta-analysis of Observational Studies. *Nutr Rev.* 2025 Sep 1;83(9):1641-1656. doi: 10.1093/nutrit/nuae222. PMID: 39899655

8 - Storz, M., Ronco, A., & Hannibal, L. (2022). Observational and clinical evidence that plant-based nutrition reduces dietary acid load. *Journal of Nutritional Science*, 11. <https://doi.org/10.1017/jns.2022.93>.

VEGGIES, AN ALLY AGAINST FATIGUE AND CRAVINGS

1 in **4**
women is
affected by
anaemia, largely
driven by iron
deficiency*

Often relegated to the “side dish” on the plate because they are low in calories, vegetables nevertheless play a **key role in energy metabolism**.

Vegetables, especially when eaten raw, provide vitamin C, which is essential for proper cellular oxygenation, energy metabolism, and iron absorption—a mineral that nearly one in four women is deficient in*.

Whether raw, cooked, canned, or frozen, vegetables are also the main source of vitamin B9 (folate : lentils, chickpeas, red beans, spinach, corn, peas, beets), which is essential for red blood cell production. A B9 deficiency can lead to anemia, often associated with intense and persistent fatigue

At the same time, their fiber plays a key role in regulating energy levels. By slowing down the digestion and absorption of carbohydrates, they help prevent blood sugar spikes, the subsequent drop of which is often associated with fatigue and food cravings. Far from being merely anecdotal, **veggies thus promote a more gradual release of energy from macronutrients and help regulate appetite**⁹.

Outcome: having a plant-rich diet helps maintain more stable energy levels throughout the day, reduces sudden fluctuations, and supports long-term vitality rather than draining it.

THE ANTI-CRASH RECIPE TEX-MEX BUDDHA BOWL



9 - (Meldrum O.W. & Yakubov G.E. (2025) Journey of dietary fiber along the gastrointestinal tract: role of physical interactions, mucus, and biochemical transformations Critical Reviews in Food Science and Nutrition, 2025, Vol. 65(22), 4264–4292 <https://doi.org/10.1080/10408398.2024.2390556>)

* World Health Organization (WHO). Global anaemia estimates in women of reproductive age (15–49 years). Global Health Observatory, 2025 edition.

VEGGIES MAY REDUCE BLOOD SUGAR SPIKES

The idea of starting a meal with vegetables, which has gained popularity in recent years, is based on a simple and well-documented physiological mechanism: **fiber slows the intestinal absorption of sugars, thereby helping to reduce the postprandial blood glucose spike.**¹⁰

Trials have observed this effect in both healthy individuals¹⁰ and people with diabetes,¹¹ although the magnitude of the response varies depending on the meal's composition, the amount of fiber consumed, and the individuals' metabolic profiles.

However, repeated spikes in blood glucose levels—especially when combined with high fat intake—contribute to increased oxidative stress and low-grade chronic inflammation. **These two mechanisms are frequently cited in relation to cellular aging and the development of cardiometabolic risks (diabetes, high blood pressure, etc.)**^{12/13}

Starting each meal with vegetables is therefore a simple, accessible daily habit that can help stabilize blood sugar levels. A significant health benefit, provided it is part of a balanced diet.

THAI-STYLE GREEN BEANS

The recipe that helps reduce in blood sugar



But the story doesn't end with metabolism: at the heart of this dynamic, **one key player keeps coming up in almost all the latest research... the microbiome.**

10- Eating Vegetables First, Regardless of Eating Speed Has a Significant Reducing Effect on Postprandial Blood Glucose and Insulin in Young Healthy Women: Randomized Controlled Cross-Over Study. Saeko Imai et al. Nutrients 2023

11- Effect of Eating Vegetables before carbohydrates on glucose excursions in patients with type 2 diabetes. Saeko Imai et al. J Clin Biochem Nutr. 2014

12- Sun, D., Van Greevenbroek, M., Scheijen, J., Kelly, J., Schalkwijk, C., & Wouters, K. (2024). Methylglyoxal Mediates the Association Between 2-Hour Plasma Glucose and HbA1c With Inflammation: The Maastricht Study. The Journal of Clinical Endocrinology and Metabolism, 110, 2047-2054. <https://doi.org/10.1210/clinem/dgae640>

13-Advanced Glycation End-Products Acting as Immunomodulators for Chronic Inflammation, Inflammaging and Carcinogenesis, Biomedicines, 2024

VEGGIE'S FIBERS NOURISH OUR PRECIOUS GUT MICROBIOME

Long confined to the realm of digestion, the **gut microbiota is now recognized as the true conductor of our health.** Vegetable fibers—particularly certain fermentable fibers found in leeks, Jerusalem artichokes, asparagus, garlic, onions, artichokes, salsify, carrots, beets, and zucchini, are not digested by either the stomach or the small intestine. They reach the colon intact, where they become an essential substrate for beneficial gut bacteria : **this is known as the prebiotic effect.**

The more diverse the diet is in terms of plant fiber sources, the richer and more diverse the microbiota tends to be. However, low microbiota diversity is associated, in the scientific literature, with an **increased risk of digestive disorders, inflammatory intestinal diseases, metabolic imbalances, overweight, and certain cancers.**¹⁴

In other words: before “targeting” probiotics through dietary supplements, it often makes more sense to first nourish the microbiome ecosystem... **with a regular and varied plant-rich diet.**

THE RECIPE THAT NOURISHES THE MICROBIOME RED BEAN STEW WITH ROASTED FETA



MICROBIOME METABOLITES MAY HELP LIMIT CERTAIN CANCER RISKS & REDUCE “INFLAMM’AGING”

By breaking down the fiber found in vegetables and pulses, gut microbiota bacteria release short-chain fatty acids (SCFAs)—including butyrate, acetate, and propionate—which are at the center of extensive scientific research.

These SCFAs act as true protectors of the intestinal barrier, capable of limiting inflammatory processes, which—since they tend to intensify with age—are also known as “inflamm’aging”¹⁵. But even more importantly, **these fatty acids help reduce the risk of certain cancers, beyond the colorectal cancer that has historically been studied.**¹⁶

At this point, the message is clear: nourishing your microbiome with fiber, day after day, is an essential factor for the body’s health and resilience. When low-grade inflammation subsides, it’s not just the body’s internal balance that is restored—the skin is also the first to show signs of this improvement.

¹⁴ Gomaa, E. (2020). Human gut microbiota/microbiome in health and diseases: a review. *Antonie van Leeuwenhoek*, 113, 2019 - 2040. <https://doi.org/10.1007/s10482-020-01474-7>

¹⁵ - Hart, M., Torres, S., McNaughton, S., & Milte, C. (2021). Dietary patterns and associations with biomarkers of inflammation in adults: a systematic review of observational studies. *Nutrition Journal*, 20. <https://doi.org/10.1186/s12937-021-00674-9>.

¹⁶ - Short-chain fatty acid metabolites propionate and butyrate are unique epigenetic regulatory elements linking diet, metabolism and gene expression - Stanford Medicine, 2025, *Nature Metabolism*

CERTAIN COMPOUNDS IN VEGGIES CAN INTERACT WITH OUR GENES AND OUR METABOLISM

This is the case, for example, with glucoraphanin (found in broccoli, cauliflower, red cabbage, and Brussels sprouts), which is converted into sulforaphane by an enzyme also present in these vegetables (myrosinase) or by our gut microbiota. **Sulforaphane is believed to increase the expression of antioxidant genes, thereby reducing oxidative stress and inflammation**¹⁷. Note, however, that cooking tends to destroy glucoraphanin. Therefore, it is best to consume these vegetables raw.

Cooking, on the other hand, does not interfere with the activity of quercetin (found in onions, bell peppers, capers, asparagus and broccoli), which **is believed to inhibit pro inflammatory pathways**¹⁸ and would also eliminate senescent cells from the body. Research on these valuable compounds is still in its infancy. Stay tuned for more...

THE RECIPE TO HELP THE BODY COPE WITH EVERYDAY STRESSORS ROASTED CAULIFLOWER WITH PAPRIKA



VEGGIES MAY IMPROVE BRAIN HEALTH, MOOD AND MENTAL CLARITY

Observational studies show that people who regularly consume vegetables (in any form—fresh, frozen, or canned) **exhibit fewer signs of anxiety and depression, as well as a greater sense of vitality in daily life**¹⁹.

Here again, several mechanisms are being explored to explain these observations. The antioxidant and anti-inflammatory properties of certain vitamins, combined with the effect of fiber on the microbiome, are frequently highlighted. In particular, metabolites produced by the microbiota act, via the gut-brain axis, on the serotonergic and GABAergic systems, two pathways involved in regulating mood, anxiety, and stress.²⁰

At this stage, the research obviously does not allow us to present vegetables as a therapeutic solution for mental health disorders. But it converges on a clear message :

A plate rich in a variety of vegetables (leafy greens, carrots, yellow bell peppers)—sources of antioxidants, vitamin B9, and fiber—should play a significant role in diets designed to support our mental health.

17 - Treasure, K, Harris, J, and Williamson, G. (2023), Exploring the anti-inflammatory activity of sulforaphane. *Immunol Cell Biol*, 101: 805-828. Exploring the anti-inflammatory activity of sulforaphane/*Immunology and Cell Biology* / 2023

18 - Xu J, Hu H, Jiang H, Wei Q, Zhang H, Lu Q. The therapeutic mechanisms of quercetin on inflammatory diseases: an update. *Inflammopharmacology*. 2025 Jun;33(6):3015-3049. doi: 10.1007/s10787-025-01795-x. Epub 2025 May 31. PMID: 40448820.

19 - Głabska, D., Guzek, D., Groele, B., & Gutkowska, K. (2020). Fruit and Vegetable Intake and Mental Health in Adults: A Systematic Review. *Nutrients*, 12. <https://doi.org/10.3390/nu12010115>.

20 - Mehta I, Juneja K, Nimmakayala T, Bansal L, Pulekar S, Duggineni D, Chori HK, Modi N, Younas S. Gut Microbiota and Mental Health: A Comprehensive Review of Gut-Brain Interactions in Mood Disorders. *Cureus*. 2025 Mar 30;17(3):e81447. doi: 10.7759/cureus.81447. PMID: 40303511; PMCID: PMC12038870

THE SKIN: A WINDOW INTO OUR INTERNAL BALANCE

This organ bears the brunt of the effects of an unbalanced diet²¹, both because it is the largest and the most exposed part of our body. Oxidative stress, low-grade chronic inflammation, glycation, and, more broadly, **certain imbalances in the microbiome are among the mechanisms regularly cited as accelerators of skin aging, by altering the skin's structure, renewal, and protective functions²².**

A plant-rich diet helps influence these underlying mechanisms. **The fiber in vegetables helps balance the gut microbiota and modulate inflammation**, while colorful vegetables (peppers, spinach, carrots, corn) provide a variety of antioxidants (carotenoids, vitamin C, selenium) involved in limiting oxidative stress and protecting cells. **All of these factors influence health, the body's longevity, and that of the skin in particular.**

“Putting vegetables and pulses back at the heart of our daily diet is therefore not simply a matter of balancing calories.

It is a fundamental choice :
**taking care of ourselves by
giving our bodies what they
need, day after day,
to stay healthy over time.**

Eloïse Castagna
Bonduelle Nutrition and Health Expert



21 / 22 - Cao, C., Xiao, Z., Wu, Y., & Ge, C. (2020). Diet and Skin Aging—From the Perspective of Food Nutrition. *Nutrients*, 12. <https://doi.org/10.3390/nu12030870>.

BONDUELLE, A PIONEER IN PLANT-RICH FOODS : THE GUARANTEE OF EXPERTISE THAT PRESERVES THE BEST OF VEGGIES

25%

This is the share of an individual's carbon footprint accounted for by food²³

14x

This is the gap in carbon footprint between a meat-based meal (made with beef) and a vegetarian meal²³

Food accounts for 25% of an individual's carbon footprint²³. Making plant-rich choices is the primary individual action to reduce the overall carbon impact.

Food systems that rely heavily on livestock farming—particularly ruminants—are associated with high greenhouse gas emissions, whereas **vegetable and legume crops** generally require fewer resources, yield higher outputs per unit area, and help preserve soil health and biodiversity.

In short, a **vegetarian meal has up to 14 times less carbon footprint than a meat-based meal (beef-based)**.²³

INCLUDING MORE VEGGIES AND PULSES IN YOUR DIET IS A SIMPLE STEP THAT CAN BENEFIT BOTH PEOPLE AND THE PLANET.

For over 170 years, Bonduelle has been growing vegetables with the same conviction: **veggies deserve to be grown, harvested, and preserved with care.**

This expertise has been passed down from generation to generation, working closely with the fields, the seasons, and our partner farmers.

For Bonduelle, being a pioneer in the vegetable industry isn't about following a trend. It's about mastering every step, from field to plate, to preserve what's most essential about vegetables: **their nutritional quality, their sensory richness, and their ability to provide sustainable nourishment.**



23 - ADEME, AGRIBALYSE® v3.2 database - data from the Impact CO₂ tool (updated 2025). Comparison of the average carbon footprints of different types of meals. <https://impactco2.fr/outils/alimentation>

#1

LAISSER LES
CONSERVATEURS
AU MUSÉE



PRESERVING THE BEST OF VEGGIES, WITHOUT PRESERVATIVES.

To ensure high-quality, accessible vegetables year-round, clear technological choices are essential. Canning (appertization), developed as early as the late 18th century, is based on a principle that remains relevant today : a brief, controlled heat treatment that makes the food safe and allows for long term preservation without the addition of preservatives. Flash freezing, when performed immediately after harvest, preserves the plant's cellular structure and limits the degradation caused by time.

BONDUELLE VEGGIES

Less time, shorter distances, greater freshness, and higher nutritional value

- Veggies grown in open fields, harvested in season at peak ripeness
- Prepared as close as possible to the growing areas, without long-distance transport
- Deliberately shortened time between harvest and processing (≈ 6 hours for peas, ≈ 8 hours for green beans)
- No preservatives added to canned and frozen plain vegetables²⁴ control : safety relies on process



MICRONUTRIENTS PRESERVED, THANKS TO PRECISE PROCESSING.

Not all nutrients react the same way to preservation processes.

Fiber, minerals, carotenoids, and B vitamins—including folate (vitamin B9)—are among the micronutrients that are naturally more stable when processed properly.

BONDUELLE VEGGIES

Here, nutrition isn't overhyped—it's preserved by design.

- R&D teams that study **vegetable physiology**, veggie by veggie
- Canning and freezing parameters adjusted **according to variety**
- **100% of Bonduelle's canned or frozen vegetables and pulses are sources of fiber**
- Certain products are **significant nutritional contributors**, particularly in vitamin B9, a key nutrient often lacking in the modern die

24 - In accordance with current regulations.



LIMITING INVISIBLE NUTRIENT LOSS: WHERE THE REAL DIFFERENCE

Water-soluble nutrients are among the most fragile.
They are often lost in the cooking water without anyone noticing

BONDUELLE VEGGIES

The difference isn't always visible to the naked eye: it comes down to industrial choices.

- Processes designed to minimize direct contact with water
- **“Steam” canned foods:** cooked using steam during the canning process.
 - Moins de lessivage, **plus de densité nutritionnelle**
- For “Steam” frozen vegetables:
 - Blanching is done with **very little water**
- For certain pulses:
 - Freshly harvested, without prior rehydration
 - Fewer steps, **fewer unnecessary losses**



TRANSPARENCY, A NATURAL EXTENSION OF EXPERTISE

Être pionnier du végétal aujourd'hui, ce n'est pas seulement bien cultiver et bien préparer.
C'est aussi expliquer, rendre visible et donner à comprendre.

BONDUELLE VEGGIES

Transparency is not a requirement:
it is the logical continuation of the work carried out in the field.

- A voluntary transparency initiative, notably through the integration of the **Origin'Info system on the packaging of our Bonduelle brand in France**
- Fully consistent with a model built **as close as possible to the fields, in direct collaboration with our partner farmers**



MAKING PLANT-RICH DIVERSITY TRULY ACCESSIBLE.

Whether they are leaves (spinach), fruits (eggplant), roots (carrots), or seeds (dried vegetables) : each type of vegetable provides different micronutrients. Varying your veggies multiplies the benefits, provided that this diversity is accessible on a daily basis.

BONDUELLE VEGGIES

We don't replace the act of cooking: we make it simpler and more equitable.

- A **wide variety of vegetables and pulses**, available year-round
- Three complementary categories: fresh, frozen, and delicatessen (*92% of participants in an OpinionWay study on flexitarianism believe, after one year, that vegetarian meals are useful for adding variety to their diet.*)
- Des formats prêts à l'emploi, lavés, coupés, cuits, parfois assaisonnés, qui :
 - **Facilitent la variété**
 - **Réduisent le risque de surcuisson à la maison**



REDUCING MENTAL STRAIN TO PROMOTE SUSTAINABLE PLANT-RICH EATING.

These days, it's not a lack of good intentions that keeps us from eating more vegetables—it's often a lack of time, inspiration, and energy. The key isn't perfection, but consistency.

BONDUELLE VEGGIES

Because a plant-rich diet only works if it fits into real life :

- Vegetables that are **ready to use or ready in just a few minutes** (dried vegetables ready in 2 minutes)
- **A selection designed for everyday use:** mixed salads, stir-fries, pancakes, lunch bowls, purées
- **Simple, delicious, and accessible recipes** to inspire, not to make you feel guilty

**IN 2026, VEGGIES ARE NO LONGER JUST AN OPTION
OR A WAY TO EASE ONE'S CONSCIENCE.**

**IT IS BECOMING A FUNDAMENTAL CHOICE:
FOR OUR HEALTH, FOR A BALANCED DAILY LIFE,
AND FOR THE FUTURE OF OUR FOOD SUPPLY AND OUR PLANET.**

Scientific data converges, habits evolve, expectations change: eating more plant-rich foods, more often, and in all their forms, is no longer an emerging trend but a clear trajectory. A trajectory grounded in solid biological mechanisms, measurable benefits, and a simple reality: **sustainable well-being is built through the consistent practice of healthy habits.**

This report makes a concrete point: **veggies are a reliable and accessible way to boost our long-term vitality**—including energy levels, metabolic balance, digestive comfort, and the body's resilience.

In this context, the role of food industry stakeholders is crucial.

“Being a pioneer in plant-rich foods, today, means taking on a responsibility: making this choice possible, credible, and appealing, without compromising on nutritional value, practicality, or taste. This has been Bonduelle's commitment for over 170 years.

A commitment to growing, preparing, and explaining things well, so that veggies become a natural part of everyday life.

Because real change won't come from restriction or perfection. It will come from a diet that's more plant-rich, more consistent, and simpler—but still delicious!



XAVIER UNKOVIC
CEO, Bonduelle Group

BONDUELLE GROUP

A PIONEER IN PLANT-RICH DIETS

The Bonduelle Group is, above all, a family story from northern France that has spanned seven generations. With a presence in nearly 100 countries, we are proud of our iconic brands: Bonduelle, Cassegrain, and Globus. We work with nearly 2,000 passionate farmers to bring you vegetables harvested at their peak of flavor and nutrition.

Because every meal is an opportunity to make a difference, our mission is to inspire the transition to a more plant-based diet, contributing to human well-being and the preservation of the planet. As a B Corp™ certified company, we are committed to a more sustainable and responsible model.

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