



# Palm Oil Consumption Guide

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## What is Palm Oil?

Palm oil is derived from the oil palm tree, *Elaeis guineensis*, which is best grown in tropical climates with abundant water.

Palm oil has been one of the main dietary fat sources for centuries in West Africa.

There are 2 types of palm oil:

- Palm oil extracted from the fruit's flesh.
- Palm kernel oil extracted from the fruit's seed.

Palm oil is mainly used as a cooking oil (approximated  $\frac{3}{4}$  of the total palm oil production) and is found in many products, such as cosmetics and chocolates.

**The nutritional composition of palm oil is: 50% saturated fats, 40% monounsaturated fats and 10% polyunsaturated fats. (USDA)**

Regular and increased consumption of saturated fats is linked with higher cardiovascular disease risk.



## Palm Oil Properties

Palm oil is widely used in several products due to its useful properties:

- Semi-solid at room temperature
- Resistant to oxidation
- Stable at high temperatures
- Odourless
- Colourless

Palm oil can be added in spreads as it keeps them at a desired texture. Additionally, due to its resistance in oxidation, it increases the shelf-life of several products and provides a crispy and crunchy texture when used at high temperatures. Lastly, as palm oil is odourless and colourless, when added in products, it does not alter their appearance and smell.

Palm oil is indicated on a product's label as below:

Vegetable Oil

Vegetable Fat

Palm Kernel

Palm Kernel Oil

Palm Fruit Oil

Palmate

Palmitate

Pamlolein

Hydrated Palm Glycerides

Ethyl Palmitate

Octyl Palmitate

Palmityl Alcohol

Glyceryl

Stearate

Stearic Acid

Sodium Palm Kernelate

Elaeis Guineensis

Palmitic Acid

Palm Stearine

Palmitoyl Oxostearamide







Palmitoyl Tetrapeptide-3







Sodium Laureth Sulfate

Sodium Kernelate

Sodium Lauryl  
Lactylate/Sulphate

## Products with Palm Oil

PRODUCTS	PROPERTIES
	<p>Palm oil keeps the colour of a lipstick and makes it resistant to high temperatures without altering its taste.</p>
	<p>Palm oil can be used in fresh and frozen pizza doughs to reduce sticking and enhance texture.</p>
	<p>Palm oil is used for the noodles pre-cooking.</p>
	<p>Palm oil acts as a conditioning ingredient which helps with the restoration of the natural hair oils.</p>
	<p>Palm oil provides the smoothness and creamy texture of an ice cream.</p>
	<p>Palm oil is essential when creating soaps or other cleaning products.</p>

	<p>Palm oil keeps the margarine solid at room temperature.</p>
	<p>Palm oil can be used in chocolates for creating a smooth and shiny appearance while keeping them solid.</p>
	<p>Palm oil provides in cookies a creamy taste and texture.</p>
	<p>Palm oil is used for biodiesel and biofuel production.</p>
	<p>Palm oil is used in soaps for removing dirt and oil from hair, and for moisturization.</p>
	<p>Palm oil is used for baking bread as it is solid at room temperature, and easy to use.</p>

## Palm Oil Consumption – Is it safe?

Palm oil, in some cases, may contain 3-monochloropropane diol (3-MCPD) and 3-MCPD esters. These substances are food processing contaminants which are formed unintentionally during the oil refining process.

Manufacturers are well aware of the above substances, making their processing very carefully. For instance, Nutella indicates that the palm oil used in their product is carefully treated and is safe for digestion. Additionally, 100% RSPO certified sustainable palm oil is used, which does not derived from plantations depended on deforestation.

The European Food Safety Authority stated:

The Tolerable Daily Intake (TDI) of 3-MCPD is 2.0 $\mu$ g per kilo body weight as this limit is considered 'protective'.

The Harvard nutrition experts stated:

Palm oil is clearly better than high trans-fat shortenings and probably a better choice than butter. But vegetable oils that are naturally liquid at room temperature, such as olive and canola oils, should still be your first choice.





**Oceanic recommends:**

Oceanic suggests avoiding consuming excessive amounts of palm oil and on a regular basis. Palm oil consumed within several products, such those mentioned above, in small amounts, is considered safe.





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