

# THE 7 BENEFITS OF USING PALM OIL

Palm oil offers versatile and functional benefits:

1

## Stability at high cooking temperatures

palm oil maintains its characteristics even under high temperatures.



2

## Crispiness and crunch

products containing palm oil maintain their flavours and structure for a longer period of time.



3

## Neutral taste and smell

palm oil can be used in many different foods without affecting their taste or smell.



4

## Solid or semi-solid state at room temperature

the higher solid content gives food products its physical and chemical properties.



5

## Smooth and creamy texture

palm oil is a very suitable solution for increasing solidity and improving the consistency of the product.



6

## Excellent mouth feel

palm oil gives an excellent mouth feel fulfilling specific characteristics needed in different food products.



7

## Alternative to trans fat

palm oil is a good replacement for partially-hydrogenated fat containing trans fatty acids.



In food products, palm oil is often combined with other oils and fats, which together determine the fatty acid composition and functionality of the end product.