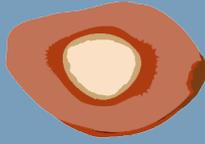


# FACT OR FICTION?



**Palm oil** offers a good balance between the nutritional composition and the taste and texture of a product.

Sourced from palm fruit, palm oil is a natural and versatile ingredient, offering a variety of functional benefits.

Lately, controversy exists over the use of palm oil, both regarding health, and in terms of its environmental impact. Is this justified?

Let's get the facts right.



# 1

## FICTION:

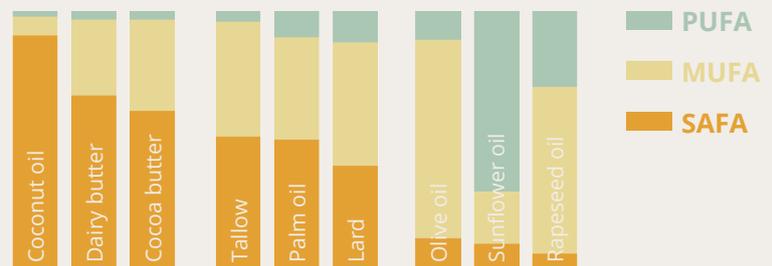
**Palm oil is unhealthy because of its content of saturated fatty acids.**



## FACT:

**Palm oil is a mix of saturated and unsaturated fatty acids.**

Coconut, dairy butter and cocoa butter contain higher amounts of saturated fatty acids than palm oil. Olive oil, sunflower oil and rapeseed oil are high in unsaturated fatty acids.



Palm oil is often used as an ingredient and mixed with other vegetable oils. Together they determine the fatty acid composition of a food.

## FICTION:

**Palm oil increases the risk of cardiovascular diseases.**



## FACT:

**There is no indication that consumption of palm oil in a balanced diet is related to any specific health concern.**

# 2

Dietary advisory bodies recommend moderate consumption of foods high in saturated fats, replacing SAFA with PUFA, and avoiding trans fatty acids (TFA).

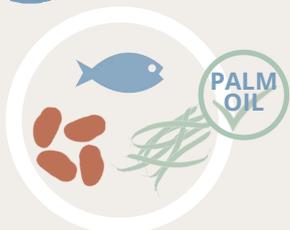
Palm oil is a good replacement for partially hydrogenated fat containing unhealthy trans fatty acids.

Replacement of palm oil with other fats and oils has both favourable and unfavourable health effects (Fattore 2014).

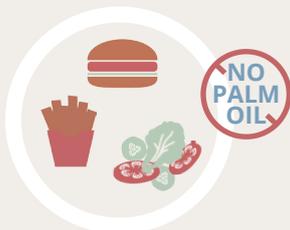
# 3

## FICTION:

Products labelled as palm oil free are healthier than food products containing palm oil.



fish  
haricot verts + margarine  
potatoes



hamburger  
salad + dressing  
french fries

## FACT:

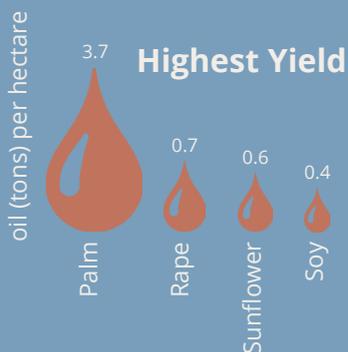
Substituting palm oil with other fats may have unfavorable effects.

Replacing palm oil in food products or diets with fats higher in SAFA will not make a product more healthy.

The relation between nutrients and health should be considered within the whole diet and not in terms of single nutrients.

## FICTION:

Using products labelled as palm oil free is better for the environment and for the local population.



**RSPO**

Roundtable on Sustainable Palm Oil

## FACT:

Simply replacing palm oil with other types of vegetable oil would create similar - if not even larger - environmental and social problems.

# 4

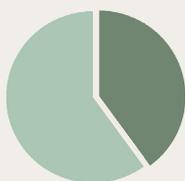
The oil palm tree is the most efficient oil crop in terms of land use. It has the highest yield compared to other oil crops. Replacing palm oil with other types of vegetable oil (such as sunflower, soybean, or rapeseed oil) means that much larger amounts of land would need to be used.

The best solution is to ensure you buy products that contain sustainable palm oil, certified by the Round Table on Sustainable Palm Oil (RSPO).

# 5

## FICTION:

The palm oil plantation industry is dominated by few large enterprises.



large scale plantations

smallholders



## FACT:

Over 40% of palm oil is produced by smallholders.

Oil palm trees are growing on both large-scale plantations and small-scale family farms.

In most palm oil-producing countries, palm oil trade has the potential to contribute significantly to poverty reduction and economic growth.

Palm oil production creates jobs:  
1 worker per 8 ha

European  
Palm Oil Alliance

Creating a balanced view on palm oil and food