Oil Palm: Production, Consumption... Consequences?

In recent decades palm oil has become an increasingly popular commodity. It is easy to grow and can be cultivated in a space efficient manner, keeping the price relatively low. It has become the second most consumed vegetable product on the planet and is an ingredient in about 20% of packaged food. Though palm oil is economically convenient, the mass production of this crop has major biological and ecological consequences. The rapid growth of the palm oil market contributes to rapid deforestation rates, particularly in Indonesia where most palm oil is produced. This replacement of forest with plantation agriculture threatens many species endemic to Indonesia and releases greenhouse gasses. The production of palm oil also has social costs. Reduced land availability for smallholders results in fewer options for local livelihoods.

Between 1990 and 2000 plantation area increased by

600%

This land use change accounted for the majority of Indonesia's GHG emissions. It is easy to consume palm oil unknowingly if it is not labeled plainly. It often hides in ingredients lists under such names as:

Hydrated Palm Glycerides

Sodium Palm Kernelate

Sodium Lauryl Sulfate

Stearic Acid

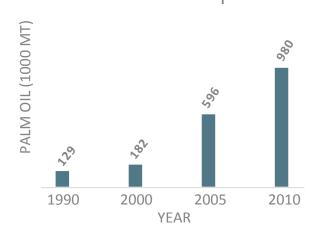
Palmolein

When buying products with these ingredients look for a Responsibly Sourced Palm Oil label. The sustainable palm oil initiative supports more transparent operating processes in the production of palm oil, reduced impact in high ecological value areas, and more positive social impact. Shifting consumption to responsibly produced palm oil is a great step towards reducing the negative impacts of this commodity.



19,800 MT 33,000 MT

U.S. Palm Oil Imports



Lipstick

Palm oil is used in lipstick because it holds color and is virtually tasteless.



Detergent

Refined palm oil can be used as soaps, washing powder, and other cleaning products.



Instant Noodles

Up to 20% of the weight of the whole package, palm oil is used to precook instant noodles.



Margerine

Palm oil is used in margerine because it is **solid** at room temperature and free of trans fats.



Pizza Dough

Fresh and frozen pizza dough contains palm oil to prevent sticking and enhance texture.



Shampoo

Palm oil is used as a conditioning agent to help restore natural hair oils.



