

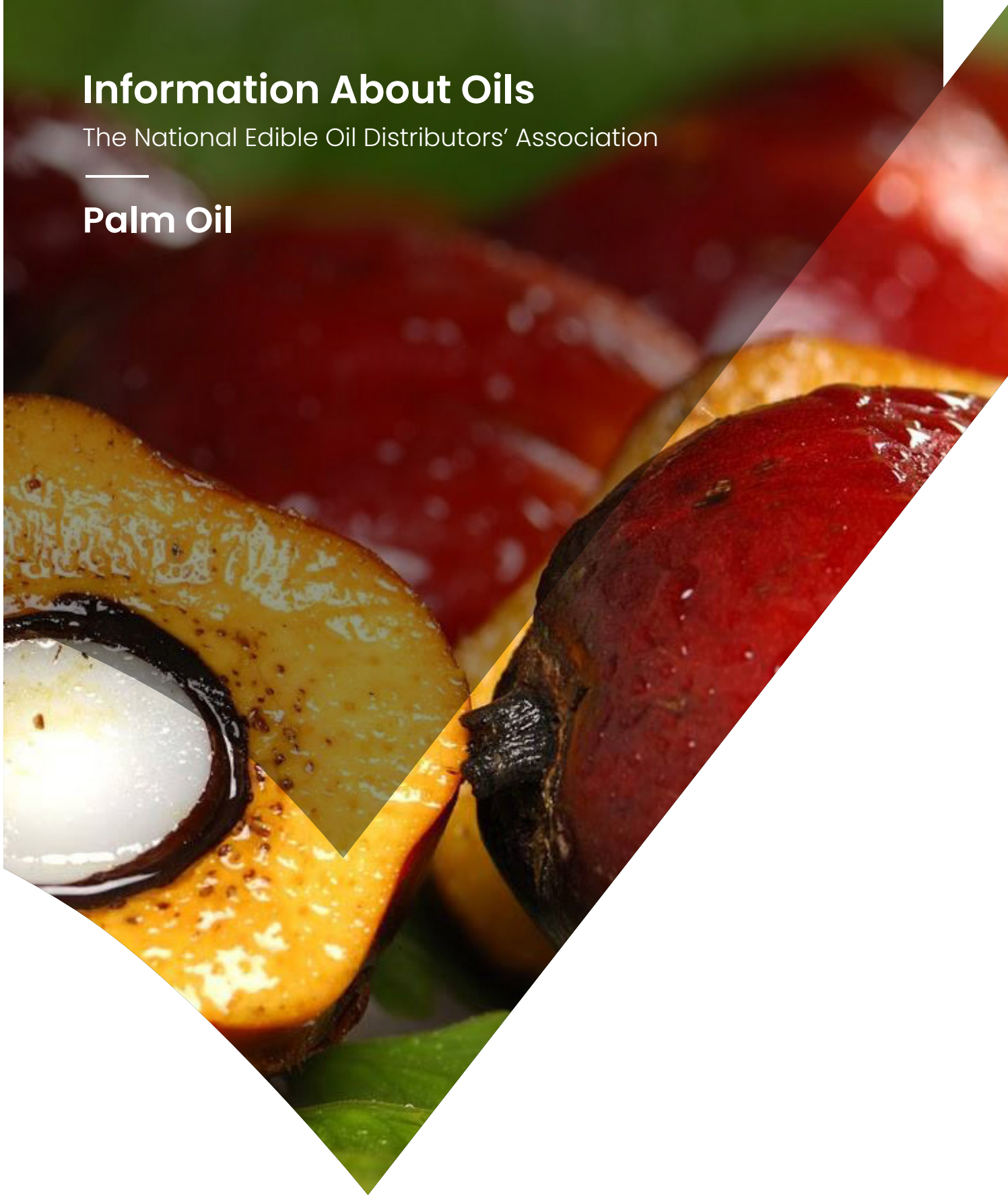


# Information About Oils

The National Edible Oil Distributors' Association

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## Palm Oil



## Palm Oil – Information About Oils

### Size of Industry

Palm oil production is anticipated to exceed 77 million tonnes in 2020; therefore palm oil will contribute 40% of global vegetable oils whilst soya, rape and sunflower will together contribute 52% and other oils 8%. Palm oil is an important and versatile raw material for both food and non-food industries, which contributes to the economic development of the producing countries and to the diets of millions of people around the world.

Palm oil is extracted from the fruit of the Oil Palm tree, grown in tropical climates, principally Malaysia, Indonesia, West Africa, central and South America. The Oil Palm takes about 5 years from planting to first fruiting however, once established, the trees crop continuously throughout the year. The trees reach maximum production after 7-10 years and will continue to produce fruit for around 25 years. One hectare of palm trees can produce on average 3.77 tonnes of oil per annum.

The fruit of the Oil Palm grow in bunches weighing up to 50-60kg with each bunch consisting of over 1000 fruits. The fruit consists of a fibrous layer of pulpy flesh, from which is extracted Palm Oil, and a hard kernel or stone, from which is derived Palm Kernel Oil.

### Recommended Uses

Having a relatively higher proportion of saturates than most other major oils, Palm Oil is extremely stable, and is suitable for most cooking and frying applications. Crude (unrefined) Palm Oil is a bright orange semi-liquid, owing to the content of Beta Carotene, which is usually rendered into a creamy-white solid in the refining process. When produced and sold in solid, block, form, Palm Oil is extremely convenient to store, transport and to handle. It is extensively used as a frying oil in the fish and chip trade but is also used in biscuit manufacture, ice cream manufacture and margarine and shortening manufacture.

NEODA is a member of the Roundtable for Sustainable Palm Oil, an organisation set up to promote the growth and use of sustainable palm oil through co-operation within the supply chain and open dialogue with its stakeholders.

Further information regarding sustainable palm can be found at [www.rspo.org](http://www.rspo.org)

### Nutritional Composition

per 100g		
Energy	3700KJ/900Kcal	
Saturates	49.3g	
Monounsaturates	37.0g	
Polyunsaturates	9.3g	
Of Which	Omega 3	0.2g
	Omega 6	0.2g

Palm Oil can be 'fractionated' and produce several softer or harder fractions which have many uses in the food industry, from semi-liquid oil to a hard fraction that can be converted into flakes.

The kernel of the palm fruit is extracted in the production of Palm Oil. This kernel itself yields some 45% oil which is white in colour and possesses totally different properties from those found in Palm Oil. The oil is used for food manufacturing purposes including couverture, confectionery, ice cream, biscuit cream but most of the product is sold into cosmetics and toiletries.

### Nutritional Composition of Palm Kernel

per 100g	
Monounsaturates	18g
Polyunsaturates	2g
Saturates	80g

Palm oil is entirely GM free and has the highest yield per hectare of any oil or oilseed crop. However, palm oil production faces significant challenges because it can be linked to deforestation, land conflicts and human rights violations. On the other hand, palm oil is extremely versatile and high-yielding oil, which can have significant economic, social and environmental benefits.