

# Information about Palm Oil

## WHAT IS PALM & PALM KERNEL OIL?

Palm oil and palm kernel oil (PK oil) are both derived from the oil palm, grown predominantly in tropical regions such as Malaysia, Indonesia, West Africa, South and Central America. The fruit of the oil palm produces two types of oil: palm oil from the fibrous pulp and palm kernel oil from the kernel. Palm oil is rich in saturated and monounsaturated fats. In contrast palm kernel oil has a higher saturated fat content. The oil palm is the most productive oil crop, yielding an average of 3.6 tonnes of oil per hectare annually, significantly more than other major oilseeds.

## Nutritional Values

	Saturates	Mono-unsaturates	Poly-unsaturates
Palm oil	47.5g	38g	9.5g
Palm kernel oil	78g	14.5g	2.5g

## PALM & PALM KERNEL INSIGHTS

Palm oil and palm kernel oil are produced from the fruit of the oil palm. The fruits, harvested in large bunches weighing 20-25 kg, are processed to extract oil from the pulp (palm oil) and the kernel (palm kernel oil). Both oils are refined to remove impurities and can be fractionated into liquid (olein) and solid (stearin) components for various uses.

Crude (unrefined) palm oil is a bright orange fat at ambient temperature in the UK, however after refining this becomes a creamy-white coloured fat that is typically bland and odourless.

Oil Palms are also the most productive oil crop, producing between 5 - 8 times more oil than the other main oilseed crops, soy, rapeseed and sunflower oils.

Palm oil is able to be fractionated into a number of very special and useful fractions, changing the melting profile and crystallisation behaviour significantly.

## Quick Facts



**MALAYSIA & INDONESIA**

are the biggest producers



**3.6 TONNES**

of palm oil per annum from one hectare of trees



**40.5% OF MARKET SHARE**

combination of palm and palm kernel oil

## KEY FEATURES

- When solid in block form, Palm Oil is extremely convenient to store, transport and to handle.
- Palm kernel oil is a very versatile fat.
- Palm kernel expeller, used in animal feed.
- Fibre and shell can be used as biomass for burning in boilers for energy.
- The stem and leaves can be used as fertiliser.

## USES AND APPLICATIONS

- Extensively used as a frying oil in the fish and chip trade.
- Widely used in bakery applications such as in biscuits, cakes and bread.
- Special palm oil fractions are also often used in chocolate and confectionery products.
- Palm kernel oil is used in cream fillings for biscuits and cakes, ice-cream and in a variety of confectionery products.
- Palm kernel oil is used in oleochemicals for products, such as shampoo.