

Palm Oil Products Survey

Palm oil and its derivatives are *everywhere*. Prove this to yourself: your task is to go through your home and **find 10 products you use at least 1-2 times per week containing palm oil** (or its derivatives in the list below).

1. **Your survey must include the following:**

- **3 products from the bathroom:** e.g., cosmetics, shampoo, deodorant, toothpaste, soap.
- **2 products from the laundry room or closet where you keep cleaning supplies:** e.g., laundry detergent, fabric softener, de-greaser, glass cleaner (if you don't do laundry or clean your apartment 1-2 times per week, well...let's just pretend that you do.)
- **5 products from the kitchen:** anything from the pantry or fridge/freezer; ideally things you eat or cook with regularly.

2. **Survey Step-by-Step:**

1. Grab an item in the location you are searching and scan the list of ingredients for one of the items on the list below. You may have to go online (e.g., to the company website) to find the list of ingredients.
2. If you find an item on the list below in the list of ingredients:
 - a) Take a photo of the item
 - b) Record the number (from the list below) of the ingredient it contains.
3. Upload the photos and chemical names via Canvas

Palm Oil and Palm Oil Derived Ingredients

1. Calcium stearoyl
2. Ingredients with “cetyl or”cetearyl”
3. Cetylic Acid¹
4. Elaeis guineensis
5. Ethoxylated lauryl alcohol
6. Ethyl palmitate²
7. Glyceryl
8. Hexadecanoic acid¹
9. Hydrogenated or Hydrated Palm glycerides
10. Octyl palmitate
11. Palm fruit oil
12. Palm kernel
13. Palm kernel oil
14. Palm stearine
15. Palmate
16. Palmitate¹
17. Palmitic acid¹
18. Palmitoyl oxostearamide
19. Palmitoyl tetrapeptide-3
20. Palmityl alcohol
21. Palmolein
22. Polyglycerol polyricinoleate (aka polyglycerol esters of fatty acids aka E(mulsifier)422, also E322, E442, E476, E430-36, E465-67, E470-8, E481-483)³
23. Sodium dodecyl sulphate (aka SDS or NaDS)
24. Sodium kernelate
25. Sodium laureth sulfate
26. Sodium lauryl lactylate
27. Sodium lauryl sulfate
28. Sodium palm kernelate
29. Stearate
30. Stearic acid³
31. Vegetable fat³
32. Vegetable oil³
33. 57-10-3¹

¹These are all the same thing. In fact, there are 181 synonyms for ‘[Palmitic Acid](#)’

²This chemical has [71 synonyms](#)

³Note that these can be derived from other coconut and other plant oils.** ^3