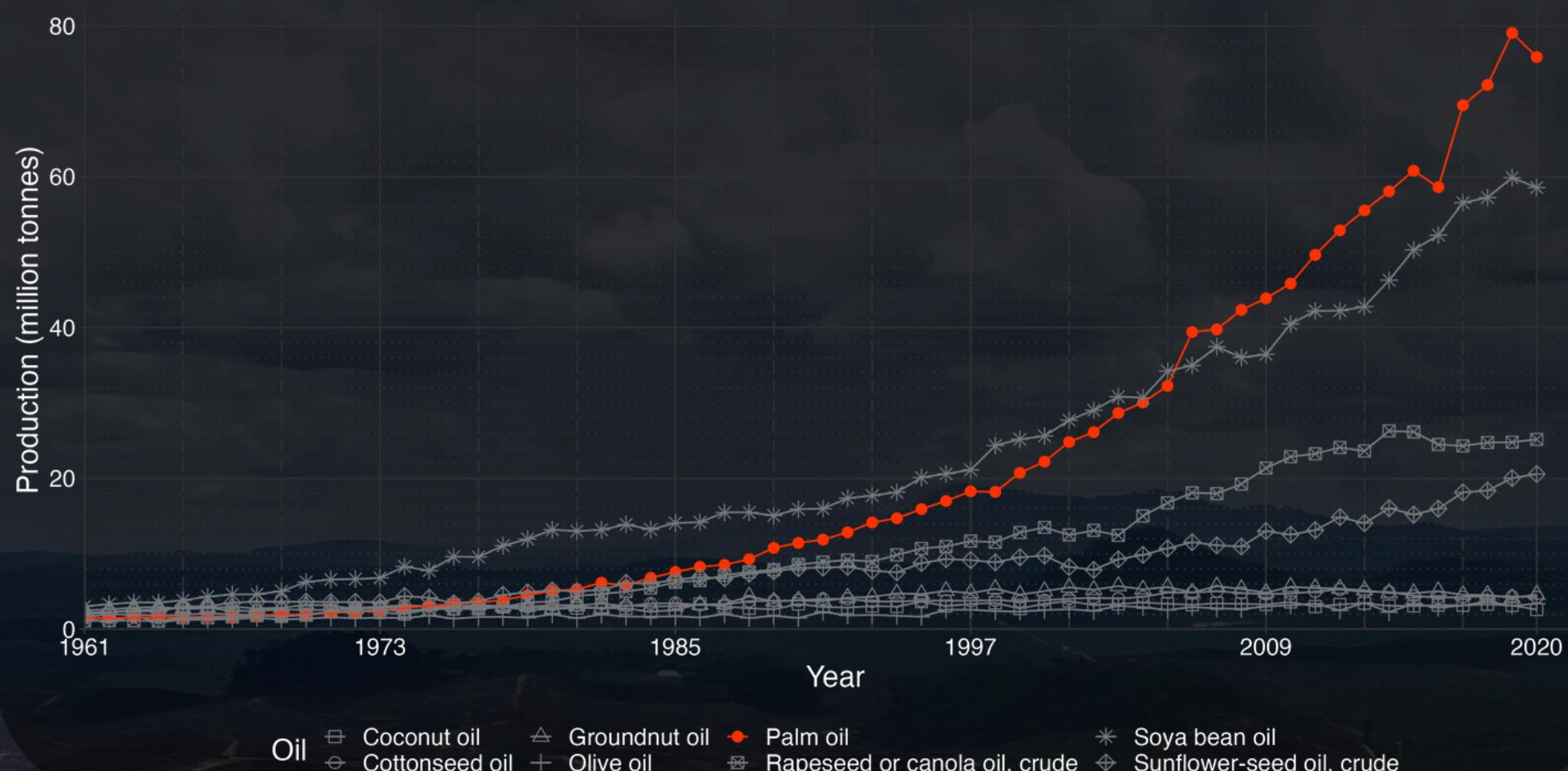


TURM Palm Oil

In recent years, palm oil has become a very popular topic and a lot of controversy has grown around it, not only in terms of its health effects, but also in terms of ethical and environmental concerns. It is produced on a huge scale, as it accounts for 40% of the total production of vegetable oils.

What makes palm oil the most popular vegetable oil on the world market? First of all, oil palm plantations are extremely efficient and, in this respect, unrivaled by other oil crops. This translates into low oil production costs. Palm oil is also an extremely versatile oil that has many different properties which make it so useful and so widely used. In addition, it is highly resistant to oxidation so products with its addition have a long shelf-life.

Global production of vegetable oils over the years



Top 25% palm oil producers in 2020

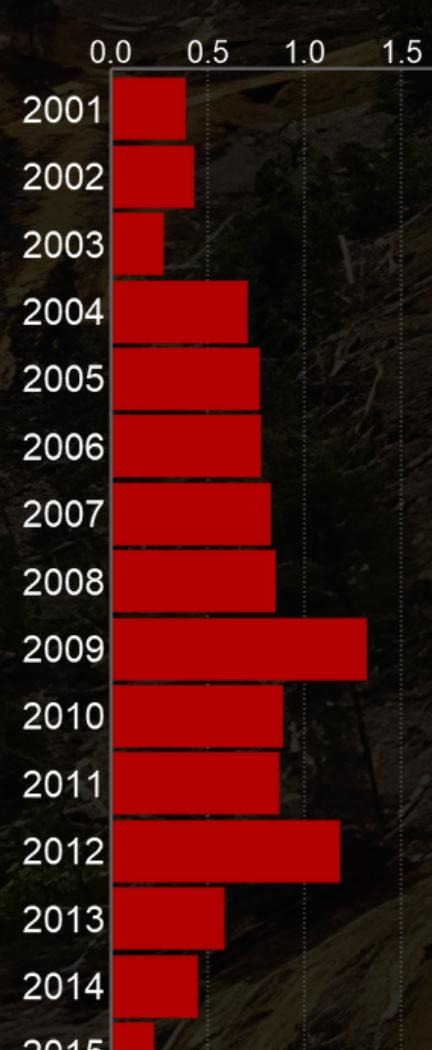


Palm oil is extracted from the fruit of the oil palm tree, also known as Guinea oil palm, whose cultivation is concentrated in the tropics, mainly in Southeast Asia. The undisputed leaders in production are Indonesia (59% of world production) and Malaysia (25%).

The huge industrial demand for palm oil leads to adapting for plantations vast areas of tropical forests, which have the highest biodiversity in the world. Uncontrolled expansion of oil palm cultivation poses a major threat to the ecosystem. Deforestation on a massive scale increases carbon emissions and raises the risk of fires and floods.

Deforestation

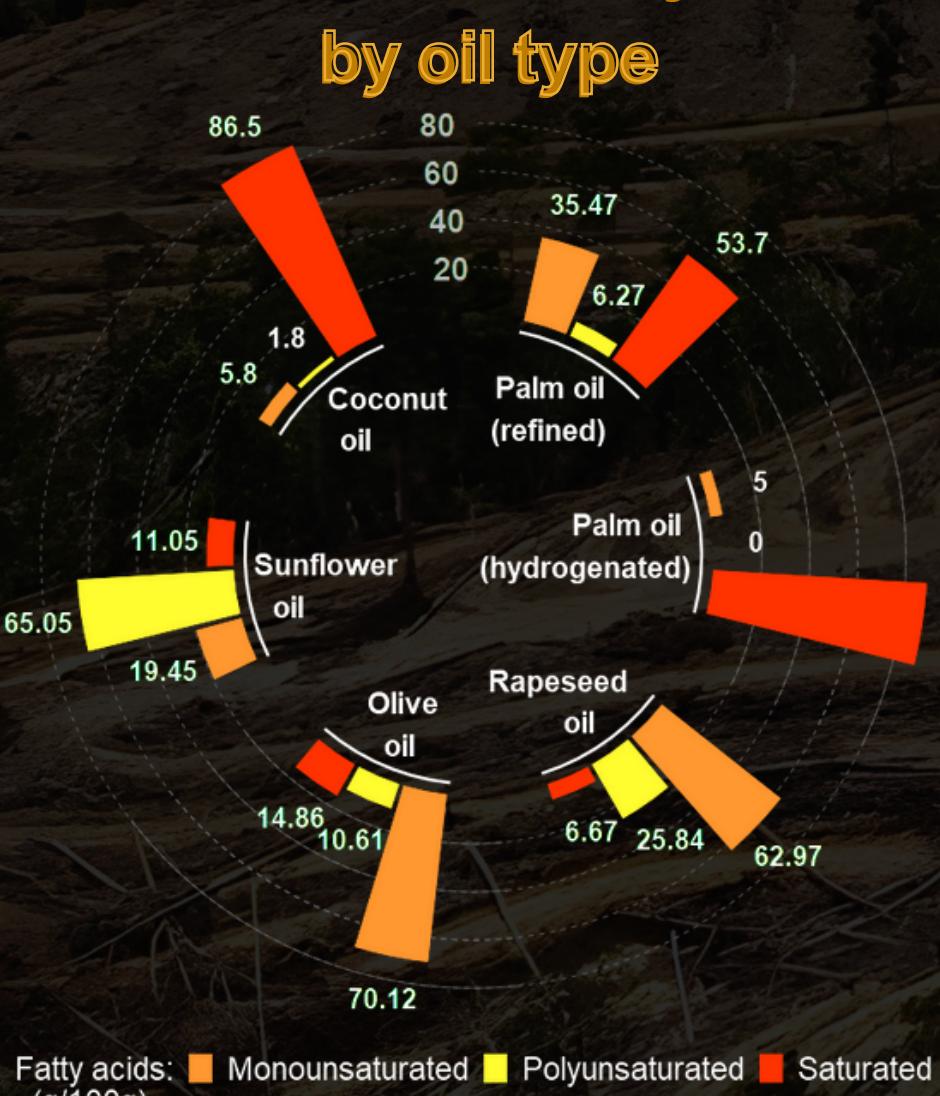
(million hectares)



Mass oil production also results in water and soil pollution, which is a serious danger for local communities. There also remains some exploitation of workers and child labour. In response to the concerns the RSPO certification was introduced, which ensures the sustainability of certified crops and helps mitigate the impact palm oil is having on the environment and on society.

Palm oil is present in a significant number of food products on the market. It can be found in margarine, ice cream, cake toppings, candy, bread, chips, sauces, ready meals, instant soups and many other products. It is also used in the production of cosmetics and biofuels.

The content of fatty acids by oil type



Is palm oil healthy? There is no clear answer. Raw palm oil has many beneficial components for health, but the use of the oil in the food industry requires it to be refined and often also modified further, mostly hydrogenated (hardened). In this way, palm oil is stripped of many valuable components. Refined palm oil is undoubtedly a healthier alternative to industrially hydrogenated products, as it contains much less saturated fatty acids (which increase the level of "bad" LDL cholesterol in the blood) and more mono- and polyunsaturated acids, as well as more vitamin E. Hydrogenated oil (usually found in highly processed food) is a source of so-called trans fats with harmful health effects: carcinogenic and increasing the risk of heart disease.

