Towards a sustainable future.

Facts on Nutritional and Sustainability Aspects of Palm Oil
**Facts about Palm Oil**

- Edible oil from the fruits of the oil palm tree
- The most widely-used vegetable oil in the world
- The highest yield compared to other oil crops per hectare of land
- Used in many products, because of its functional benefits
- Part of the human diet for thousands of years
- Consists of almost equal amounts of saturated and unsaturated fatty acids
- Concentrated source of energy for the body
- Rich in antioxidant vitamin E
- Alternative to replace trans fatty acids
- Easily fits into a balanced diet
- Palm oil plantations which have been independently audited and certified against the Roundtable on Sustainable Palm Oil (RSPO) standard:
  - Protect the environment, workers’ rights, and the land rights of local people
  - Preserve biodiversity and brings economic benefits to local communities
  - Is a positive element in the local agro-ecological system, even attracting wildlife
  - Play an important role in providing the growing global demand for vegetable oil
National Initiatives for Sustainable Palm Oil in Europe

- The European Palm Oil Alliance believes that sustainable palm oil is a key food ingredient to help feed the world, to help protect biodiversity and improve socio-economic development and overall contributes to achieving the United Nations' Sustainable Development Goals (UN SDGs).
- We will push for sustainable palm oil market transformation in Europe.
- We facilitate and support national industry alliances on sustainable palm oil in Europe to ensure a coordinated approach.
- We engage with European and national stakeholders as well as key organisations.
- We will create a positive image of palm oil used in food.
- We are supported by European vegetable oil refiners and by palm oil producing industry associations.
- All our members commit to supply certified sustainable palm oil (RSPO or equivalent) in Europe and support a fully traceable NDPE (‘No Deforestation, No Peatland and No Exploitation’) supply chain.

FOR MORE INFORMATION about EPOA and the activities in your country, please check: www.palmoilalliance.eu