



# Towards a sustainable future.

Facts on Nutritional  
and Sustainability  
Aspects of Palm Oil

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# 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

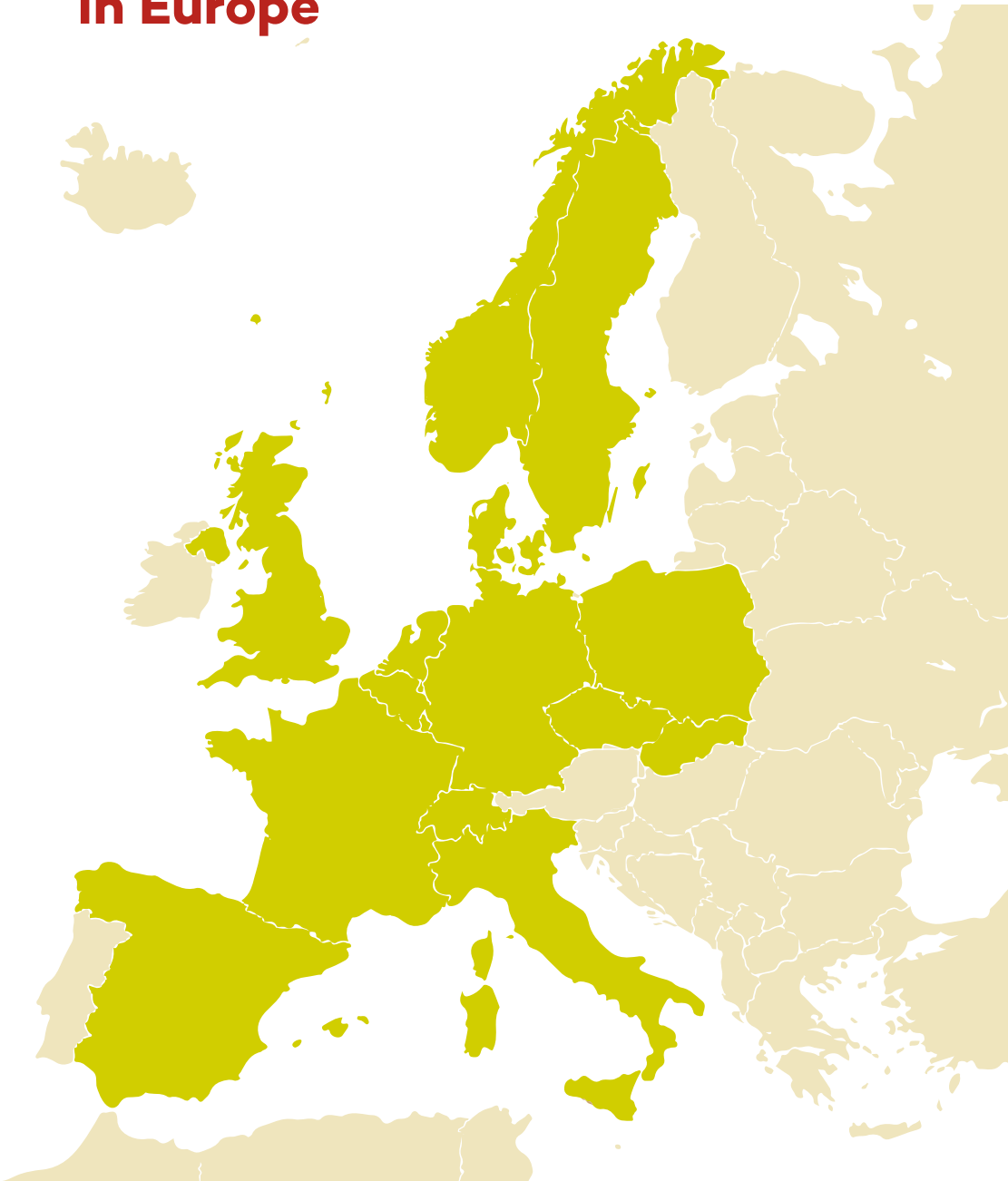
preserve biodiversity and brings economic benefits to local communities

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](http://www.palmoilalliance.eu)