

BE A CONSCIENTIOUS CONSUMER

3 EASY WAYS TO KICK PALM OIL OUT OF YOUR LIFE

1 - Check the ingredients

Palm oil is tricky to spot! There are hundreds of chemical names for palm oil derivatives.

Here's a few of the names used to disguise palm oil:

- Cetyl palmitate
- Elaeis Guineensis Glyceryl Stearate
- Ethylhexyl Palmitate
- Hydrated Palm Glycerides
- Octyl palmitate
- Palm Kernel Oil, Palm Kernel Olein, Palm Kernel Stearin
- Palmolein
- Palmate Sodium Laureth Sulphate
- Palmitate Vitamin A, Ascorbyl Palmitate
- Palmitic Acid
- Palmitoyl Oxostearamide
- Palmitoyl Tetrapeptide-3
- Palmityl Alcohol
- Sodium Dodecyl Sulphate
- Sodium Isostearyl Lactylate
- Sodium Kernelate
- Sodium Lauryl Sulphates (or Sulfoacetate)
- Stearic Acid, Steareth -2, Steareth -20

Remember: **70% of the time when the ingredients say "vegetable oil", it's actually palm oil!**

If you're not sure, then keep in mind, it's probably palm oil, if...

- saturated fat is more than 40%
- "palm" appears anywhere in the ingredients (as a word or syllable)
- it's a pre-packaged sweet with an unbelievably long shelf-life
- it's a frozen microwave dinner
- It doesn't have another oil clearly listed (sunflower, olive, coconut, canola, etc)

2 - Use a cell phone App

You know what's easier than analyzing the ingredients? Letting an App do it for you.

Scan the barcode with your smartphone and get the answer on the spot!

palmoilapp.com
available for iPhones and Androids

3 - Know the good guys

Overwhelmed with trying to figure it out in the aisle? Us too! **The best way to live a palm oil free life is to do your homework before you go to the store.** Instead of watching for what to avoid, go shopping with a list of what's safe.

There are a lot of resources online to help you determine if your favorite products and brands contain palm oil. When all else fails, calling the manufacturer is the best way to get a definitive answer. (And it lets them know that people are paying attention to palm oil!)

Want a cheat sheet? Check out OFI's "**Safe Choices**" download at www.orangutan.org/palmoil/safechoices.pdf

THE DEMAND FOR PALM OIL IS DRIVING ORANGUTANS TO EXTINCTION.

WHAT IS PALM OIL? Palm oil is made from the fruit of the African oil palm tree and grown throughout the world. Today, 85% of palm oil comes from Malaysia & Indonesia.

WHAT IS PALM OIL USED FOR? It's in 50% of all household & food products sold in the West. It's in everything from shampoo, toothpaste, detergent, frozen microwave dinners, cookies, peanut butter, lotion, make-up, & much more! **PALM OIL IS A MAJOR CAUSE OF CLIMATE CHANGE.** Every day more virgin rainforest is burned & cleared to plant more palm oil plantations. Palm oil is the leading cause of deforestation in Borneo & Sumatra where orangutans live. Loss of habitat is why orangutans are dying. 5,000 orangutans are killed each year because of palm oil expansion. Orangutans have lost 90% of their habitat in the last 20 years.

TO LEARN MORE, GO TO:
www.orangutan.org/palmoil

ORANGUTAN
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Established in 1986 by Dr. Biruté Mary Galdikas, Orangutan Foundation International is a nonprofit charity that relies on supporters to continue its important work of protecting endangered orangutans.

OFI has protected more than 1.5 million acres of rainforest habitat and saved hundreds of captive and orphaned orangutans from death or a dire life in captivity—giving them a second chance to grow up and be free.