

OBJECTIVE

Understand the notoriety that has been given to palm oil and why it continues to be used in new food products.

- Is it a health issue?
- Is it an environmental issue?



Oil palm fruit

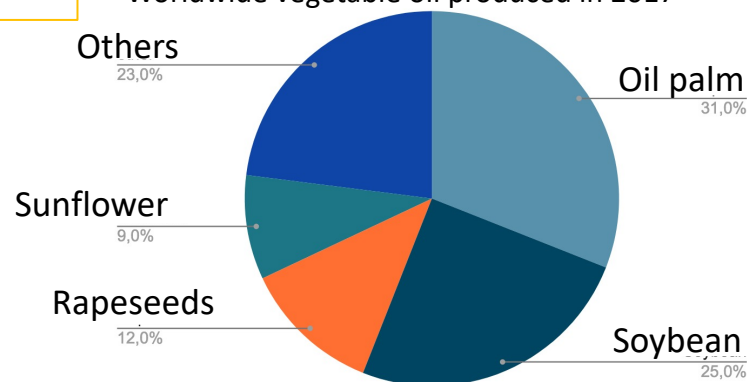
OIL PALM PLANTATION

- Grows in tropical climates
- Reaching a height of about 14-15 m
- The half-life of the oil palm is 25-30 years
- Approximately 143 palms/ha
- It needs less energy, fertilizer and pesticides than other crops

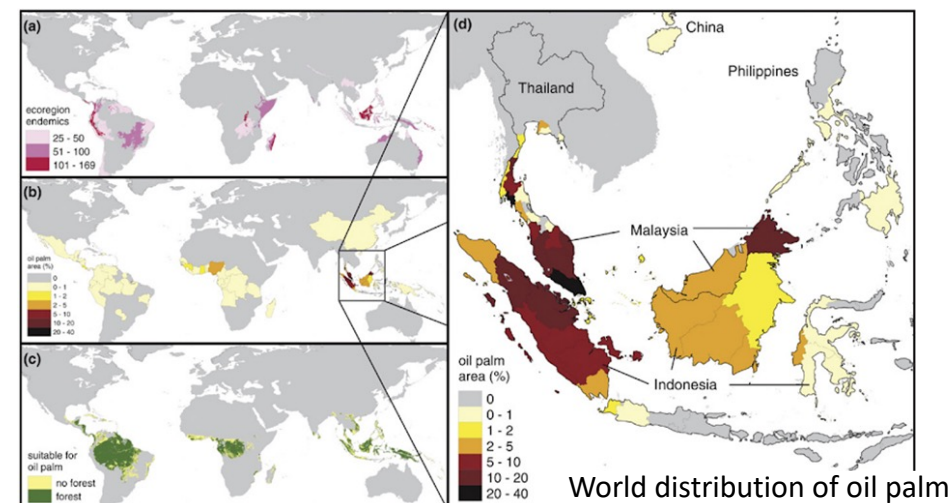
YIELD OF DIFFERENT CROPS

- Palm: 3.75 t oil/ha
- Soybeans: 0.45 t oil/ha
- Rapeseed: 0.75 t oil/ha
- Sunflower: 0.75 t oil/ha

Worldwide vegetable oil produced in 2017*



Palm oil plantation



CONCLUSIONS

- There are no studies showing a relationship between palm oil consumption and cardiovascular disease
- The use of palm oil is due to its physicochemical characteristics and low cost
- Practices such as deforestation for the establishment of oil palm monoculture causes:
 - Decreased biodiversity, carbon reserves
 - Changes in the functioning of ecosystems
 - Climate change
 - Pollution problems
 - Socioeconomic problems

* Oil world. 2017. <https://www.oilworld.biz/>