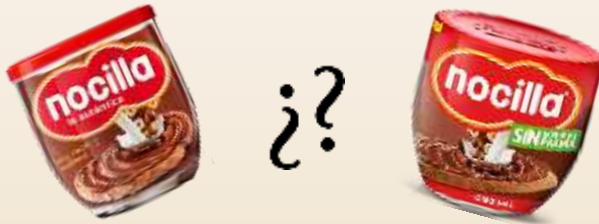


## Objectives

- Compare palm oil with its alternatives in nutritional and environmental aspects and see the consumption trend
- Understand whether consumer decisions are governed by advertising or based on scientific information



## Conclusions

- The media talks about the negative effect of palm oil but not about other fats and oils that we usually consume
- Palm oil has a lower nutritional and environmental impact than its alternatives in general
- Consumers must inform themselves from reliable and scientific sources before making a decision

## References

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## Comparison

**Table 4.** Summary of the comparison of palm oil, coconut oil and cocoa butter from the economic, nutritional and environmental point of view

	PALMA OIL	COCONUT OIL	COCOA BUTTER
Producers	Indonesia, Malaysia, Thailand	Indonesia, Philippines, India	Ivory Coast, Ghana, Indonesia
Importers	India, China	The United States, Europe, China	Europe (Germany and Belgium), The United States
Importance (% of GDP in producing countries)	13%	8%	40%
Market size in millions of euros (2022-2028)	55.431 – 81.463	4.277 – 6.044	3.205 – 4.235
CAGR	4,96%	4,3%	4,8%
Product price (dollars per ton)	1.131	1.670	4.511
Composition fatty acids	50% saturated + 50% unsaturated	94% saturated + 6% unsaturated	67% saturated + 33% unsaturated
T product/ area (millions of ha)	76/29	2/11	3/11
Deforestation	Yes	Yes	Yes
Endangered species	3,79 → Orangutan	18,33	<i>Colobus vellerosus</i>
Greenhouse effect (Kg of CO <sub>2</sub> eq/ Kg of product)	7	3	0,85