



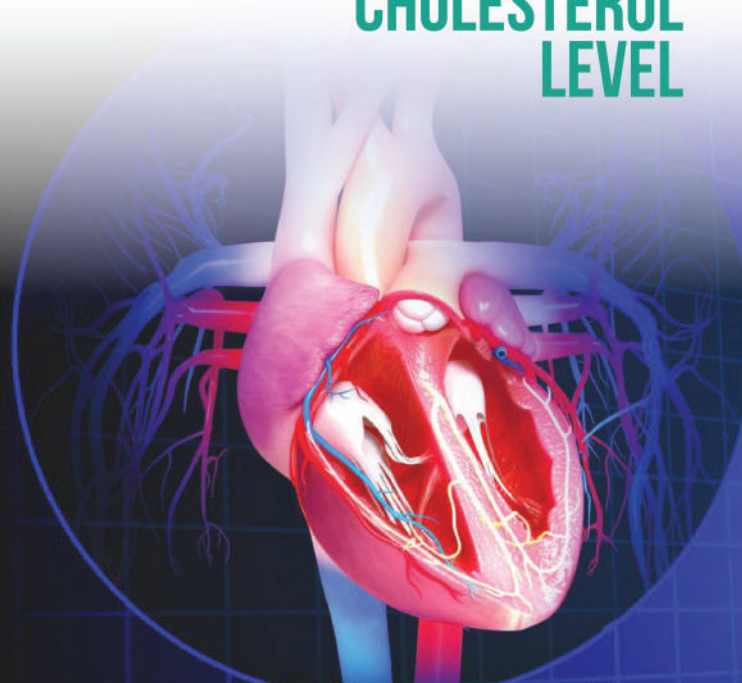
## MALAYSIAN PALM OIL FACTS

**PALM OIL HAS  
NO ADVERSE  
EFFECT ON  
BLOOD  
CHOLESTEROL  
LEVEL**

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Consumption of palm oil within the recommended level does not increase the cholesterol-related cardiovascular risk as compared with other unsaturated oils.



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 Malaysian Palm Oil Board

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## MALAYSIAN PALM OIL FACTS



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### PALM OIL IS CHOLESTEROL-FREE

Like all other vegetable oils, palm oil is also free from cholesterol



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## MALAYSIAN PALM OIL FACTS

**PALM OIL IS AN  
EXCELLENT  
FRYING OIL**

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Palm oil is stable at high temperature. It is an excellent choice for cooking and frying




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## MALAYSIAN PALM OIL FACTS

**PALM OIL IS A  
TRUSTED FOOD  
INGREDIENT**

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Palm oil is one of the 17 edible oils recognised by the Food And Agricultural Organization (FAO) and the World Health Organisation (WHO).

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## MALAYSIAN PALM OIL FACTS




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### OIL PALM PHENOLICS IS A NEW SOURCE OF ANTIOXIDANT

The recently discovered water soluble oil palm phenolics demonstrate numerous health benefits.




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## MALAYSIAN PALM OIL FACTS



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### PALM OIL IS A BALANCED OIL

Palm oil contains an equal proportion of unsaturated (40% oleic acid; 5% linoleic acid) and saturated (44% palmitic acid; 5% stearic acid) fatty acids.



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## MALAYSIAN PALM OIL FACTS

### PALMITIC ACID FROM PALM OIL IS IMPORTANT FOR EARLY CHILDHOOD DEVELOPMENT

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Palmitic acid is one of the three fundamental fats in breast milk. It accounts for approximately 25% of total fats in human breast milk. It is the most important fatty acid during early childhood development. Palm oil contains palmitic acid that can be used in infant formula.



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## MALAYSIAN PALM OIL FACTS

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The appreciable amount of unsaturated and saturated fatty acids allow palm oil to be easily separated into two products; 80% of liquid oil (palm olein) and 20% of solid fat (palm stearin). Both fractions can be further processed into specialised fractions for different applications

### ONE OIL WITH MANY FRACTION



**80%  
liquid oil  
(palm olein)**

**20%  
solid fat  
(palm stearin)**







## MALAYSIAN PALM OIL FACTS





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### OIL PALM IS NON-GMO

Oil palm is bred through a natural process of pollination and is not genetically modified.

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## MALAYSIAN PALM OIL FACTS

### RED PALM OIL IS RICH IN CAROTENOIDS

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The carotenoids in red palm oil are biologically active as pro-vitamin A. Vitamin A is an essential nutrient and a powerful antioxidant. Vitamin A deficiency can cause night blindness, weaken bones, lower immunity and adversely affects learning ability and mental function. Red palm oil contains 15 times more beta-carotene than carrots.

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## MALAYSIAN PALM OIL FACTS

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### PALM OIL IS RICH IN PHYTONUTRIENTS

Palm oil contains approximately 1% of minor components including carotenoids, tocotrienols, phytosterol, coenzyme Q10, lecithin and squalene. These components are being investigated for potential benefits in neuro-protection, cancer prevention and cholesterol lowering effects.



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## MALAYSIAN PALM OIL FACTS

**PALM OIL IS  
TRANS-FAT  
FREE**

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Being semi-solid at room temperature (25 °C – 30 °C), it does not require hydrogenation. Partial hydrogenation produces *trans* fatty acids which are harmful to health.

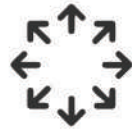


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## MALAYSIAN PALM OIL FACTS



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### PALM OIL IS VERY VERSATILE

Palm oil can be used in many food products such as in margarine, ice cream, chocolate, creamer etc.



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## MALAYSIAN PALM OIL FACTS

**PALM OIL IS  
DIFFERENT  
FROM PALM  
KERNEL OIL**

1



Palm oil is derived from the flesh (mesocarp) while palm kernel oil is derived from the seed (kernel) of the palm fruit.





## MALAYSIAN PALM OIL FACTS

### PALM OIL INDUCES LESS FAT DEPOSITION

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Recent studies in mice indicated that palm oil lowers fat deposition compared to polyunsaturated fats. These observations are currently being investigated in human diets.



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## MALAYSIAN PALM OIL FACTS



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Research has shown that palm olein which is the liquid fraction of palm oil is as good as olive oil in terms of its effects on lipid profile.

### PALM OLEIN BEHAVES MORE LIKE A MONOUNSATURATED OIL



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# PALM OIL HEALTH FACTS

PALM OIL HAS NO ADVERSE EFFECT ON BLOOD CHOLESTEROL LEVEL



PALM OIL INDUCES LESS FAT DEPOSITION



PALM OIL IS VERY VERSATILE



PALM OIL IS RICH IN PHYTONUTRIENTS



PALM OIL IS TRANS-FAT FREE



RED PALM OIL IS RICH IN CAROTENOIDS



PALM OLEIN BEHAVES MORE LIKE A MONOUNSATURATED OIL



OIL PALM PHENOLICS IS A NEW SOURCE OF ANTIOXIDANT





# PALM OIL HEALTH FACTS

PALM OIL IS DIFFERENT FROM PALM KERNEL OIL



PALMITIC ACID FROM PALM OIL IS IMPORTANT FOR EARLY CHILDHOOD DEVELOPMENT



OIL PALM IS NON-GMO



PALM OIL IS A BALANCED OIL



PALM OIL IS A TRUSTED FOOD INGREDIENT



PALM OIL IS AN EXCELLENT FRYING OIL



ONE OIL WITH MANY FRACTION



PALM OIL IS CHOLESTEROL-FREE

