

## "Do your food and body products have Palm Oil in disguise?"

Use your Rainforest Superhero vision to see...

Watch out for products with higher than 40% saturated fat, they likely have palm oil. Or, look for the sneaky names below!

English and latin names for palm oil	Likely to be palm oil
Palm oil kernel	Vegetable oil (if the product contains saturated fats, it's most likely palm oil)
Palmitate / palmate	Ingredient lists containing "stearate, stearyl"
Elaeis guineensis	Ingredient lists containing the words "cetyl, cetearyl"
Hydrated palm glycerides hexadecanoic	Sodium lauryl sulphate (SLS), sodium laureth sulphate, sodium dodecyl sulphate, (SDS or NaDS) sodium
Palmitic acid	Calcium stearyl lactylate steareth -2, steareth -20 emulsifier 422, 430-36, 465-67, 470-8, 481-483

Source: <http://www.orangutan.org.au/palm-oil>



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## We are Rainforest heroes because we commit to do the following:

(check one or more)

- Check the labels of our food and household products for palm oil and its many names.
- Write a letter to the big snack food/beauty product companies to use sustainable palm oil.
- Eat more fresh foods instead of packaged foods.
- Support products with this label.

Visit the website to learn more:

<http://www.rspo.org/consumers/about-sustainable-palm-oil>



Tropical rainforests are home to over 50% of the world's plants and animal species, many of which also provide food and medicine for people throughout the globe. Palm oil production is one of the leading causes of rainforest loss. By choosing products that don't have palm oil you can be a Rainforest Hero!

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