

Palm Oil Shopper's Checklist

Take this with you when shopping — or save it on your phone!

Avoid or Limit

Foods:

- Biscuits, pastries, cakes, and pies
- Chocolate bars, spreads, and ice cream
- Margarine, cheap butters
- Crisps, instant noodles, ready meals

Household & Beauty:

- Cheap soaps, shower gels, shampoos, and toothpaste
- Candles, detergents, and air fresheners
- Cosmetics or moisturisers with “palm” or “stearate” in the ingredients

Better Choices

- Products made with **sunflower oil, rapeseed (canola) oil, or olive oil**

- Handmade or local soaps using **shea butter, coconut oil, or olive oil**
- Snacks and spreads clearly marked **palm-oil free**
- Fresh foods, fruits, and vegetables — **no hidden oils** at all

Questions to Ask Brands

- “Do your products contain palm oil or palm-derived ingredients?”
- “If yes, is it from certified sustainable sources?”
- “Why not switch to healthier, palm-free alternatives?”

For Heart Health

- Limit processed foods — they're the biggest source of hidden palm oil
- Choose oils rich in healthy fats (olive, sunflower, or rapeseed)
- Read labels like your life depends on it — because it might

