

SECTION 4 TABLE OF FACTS (for the group discussion and the expert panel)

While coconut oil is currently being treated as a true miracle cure, palm oil is more likely to make negative headlines. The deforestation of rainforests on a grand scale, huge monocultures and an associated decline in biodiversity seem to be the inevitable consequence of the cultivation of the oil palm. The ingredients are usually left out of the palm oil discussion. Coconut oil, on the other hand, which for a long time was regarded as an inferior fat due to its high content of saturated fatty acids, now belongs to the superfood category for some. The reason for this is the lauric acid it contains, to which many good properties are attributed.

We want to bring some light into the darkness and present the two vegetable oils from the fruits of the oil and coconut palms.

Overview of arguments pro / contra palm oil and coconut oil as an alternative	
COCONUT OIL	
Environmental reasons	
Land consumption	Monocultures/plantations efficient
Water consumption	Is mainly covered by rain (blue), gray water due to fertilizers & pesticides is increasing
CO ₂ emissions	Coconut oil releases 2 times as much CO ₂ as diesel! The reason for this is the slash and burn.
other	Clearance of rainforests, monocultures, loss of biodiversity; Fertilizers, Pesticides
Health	
Fatty acid content	Saturated: 96 %; Mono unsaturated: 2 %; Poly unsaturated 2 %
World population, hunger	Is widely used as a cheap fat additive in highly processed foods
Economic reasons	Yield 3 times lower than oil palms
	Land is cheap; growing countries release rainforests for clearing
	Biodiesel production! Tank plate discussion in the EU
Social reasons	Small farmers are pushed out of the market
	Work for the landwork difficult and dangerous (attacks by spiders, snakes, monkeys, etc.)

Other arguments:

The industry uses only the highly processed, i.e. refined, deodorized and bleached variant. The production of palm oil has fallen into disrepute because of the associated deforestation of rainforests, especially in Indonesia, which is now the world's largest producer of palm oil.

Producers of organic palm oil stand for sustainable cultivation of oil palms: primary or secondary forest must not be cleared, and the preservation of soil fertility is a central concern.



PALM OIL & COCONUT OIL in comparison

Our tip: If you want to use palm oil, be critical and inform yourself about the origin.

Overview of arguments pro / contra palm oil and coconut oil as an alternative	
PALM OIL	
Environmental reasons	
Land consumption	Monocultures/plantations efficient
Water consumption	Is mainly covered by rain (blue), gray water due to fertilizers & pesticides is increasing
CO ₂ emissions	Palm oil releases 3 times as much CO ₂ as diesel! The reason for this is the slash and burn.
other	Clearance of rainforests, monocultures, loss of biodiversity; Fertilizers, Pesticides
Health	
Fatty acid content	Saturated: 49 %; Mono unsaturated: 39 %; Poly unsaturated 11 %
World population, hunger	Is widely used as a cheap fat additive in highly processed foods
Economic reasons	Yield 3 times higher than coconut palm
	Land is cheap; growing countries release rainforests for clearing
	Biodiesel production! Tank plate discussion in the EU
Social reasons	Small farmers are pushed out of the market
	Work for the landwork difficult and dangerous (attacks by spiders, snakes, monkeys, etc.)