

# WHAT IS PALM OIL?

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- Palm oil is a form of vegetable oil obtained from the fruit of the African oil palm tree.
- A majority of all palm oil is grown and produced in Borneo and Sumatra, although this crop is also expanding into Africa and South America.
  - Palm oil plantations are NOT part of the rainforest. Palm oil is an introduced agricultural crop.
- You probably eat and use palm oil every day. It is found in many foods, cosmetics, bath and household products.
- There are more than 50 names for palm oil that may be used on product labels.



Fruit of the African  
oil palm tree

