

It is very important to me that I know when palm oil is included as an ingredient in food.

As I know it is such a common ingredient, I scrutinise all labels.

I will not buy any item that lists 'vegetable oil', as I suspect it is a cover-up for palm oil.

If the labels are accurate, many products might make it back onto my shopping list, as now I only buy items that specifically state 'olive, canola, etc....'

I am interested both from the health perspective and from the conservation perspective, as I would hate to be supporting manufacturers who disregard the rights of wildlife in South-east Asia.

Best regards,

Judith Henke