

Palm oil in your groceries:

Vegetable oil (if high saturated fat)

Sodium laureth sulfate (can be coconut)

Sodium lauryl sulfate (SLS) (can be ricinus)

Sodium dodecyl sulfate (SDS or NaDS)

Palm kernel oil or Palm fruit oil

Cosmetics:

Elaeis guineensis

Glyceryl stearate

Stearic acid

