



# **The Shocking Truth About Palm Oil: How It Affects Your Health and the Environment**

*Bruce Fife*

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Whether you realize it or not, you are likely consuming palm oil every single day. Palm oil is the most widely used oil in the world. You will find it in the majority of the packaged foods you buy at the grocery store. You are likely eating it every time you go to a restaurant. Even the foods you get at health food stores contain palm oil. The amount of palm oil used in our foods has dramatically increased over the past few years. In an attempt to reduce the amount toxic trans fats in our foods, food manufacturers have been replacing hydrogenated vegetable oils with other oils, principally palm oil. However, is this a wise move? Palm oil contains a high percentage of saturated fat. Some people have questioned the addition of more saturated fat into the diet. What effect will it have on our health? Some say it will increase the risks of heart disease and obesity, while others claim it will protect against these conditions and promote improved health. The media has loudly sounded the alarm against palm oil citing massive deforestation and the destruction of native wildlife as virgin land is cleared for oil palm cultivation. Yet, others claim the media's attack against palm oil is nothing more than a cleverly orchestrated publicity campaign spearheaded by the competing seed oil industry. With all of the conflicting information in the media and on the Internet, it is difficult to separate fact from fiction. What is the truth? Is palm oil destroying our health and the planet or is it of benefit to us and the environment? This book exposes the lies and who is behind them, and reveals the facts.



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