

GROCERY STORE CHEAT SHEET

Palm oil is found in over 50% of the products in grocery stores! Below is a list of some of the types of snack food products to look out for when you head out to go stickering:

Baked Goods	Frozen pies
Candies	Frozen pizza's
Cakes and Cake Mixes	Frozen potato products
Cereal	Frozen waffles/pancakes
Chips	Granola Bars
Chocolate bars & Chocolate candies	Ice Cream products
Cookies	Instant Noodles
Crackers	Instant Oatmeal
Dried and canned soups	Microwave Popcorn
Doughnuts	Peanut Butter
Energy Bars	Pretzels
Frozen meals	Toaster Pastries

Many snack foods are made using an array of ingredients derived from the palm oil plant. It won't always be obvious when palm oil is lurking under the wrapper, so to take out the guess work we've made a list of the most common palm oil ingredients used in snack foods:

Vegetable Oils (Palm)	Partially hydrogenated Palm Oil (PHPKO)
Vegetable Oils (Palm Kernel)	Fractionated Palm Oil (FP(K)O)
Palm Oil	Organic Palm Kernel Oil (OPKO)
Palm Kernel Oil (PKO)	Palmitate – Vitamin A or Asorbyl Palmitate
Palm Kernel Stearin (PKs)	Palmate
Palm Kernel Olein (PKOo)	Sodium dodecyl Sulphate (SDS or NaDS)
Sodium Laureth Sulphate	