

# A DAY IN YOUR LIFE WITH PALM OIL



## BATHING

Many popular shampoo, conditioning and soap products contain palm oil.



## BRUSHING TEETH

Most brands utilize palm oil in their toothpaste.



## PET CARE

Palm oil derivatives can be found in many pet care products.



## Breakfast

Oatmeal, some cereals, breakfast bars and donuts often contain palm oil.



## Personal care

Palm oil can be found in body lotions, deodorants, shaving products and cosmetics.



## LUNCH

Whether it's a salad, chips or a side of fries, palm oil is on the lunch menu.



## DINNER

Many sauces and rolls are made with ingredients that contain palm oil. Quick frozen meals have it too.



## snacks/desserts

Candy bars, crackers, cookies and ice cream are a few of the snack foods and desserts frequently made with palm oil.



## CLEANING

Household cleaning products often contain palm oil derivatives.



## WASHING UP

Dishwashing liquid and laundry detergent can contain some form of palm oil.