THE FOLLOWING LISTS CAN BE USED TO DETERMINE WHETHER OR NOT A PRODUCT CONTAINS PALM OIL OR IS LIKELY TO CONTAIN PALM OIL. THE LAST PAGE CONTAINS A LIST OF PRODUCTS THAT ARE PALM-OIL FREE. Scroll to page 5 for that list.

30 NAMES PALM OIL CAN BE LABELLED UNDER

Foods, Body Products, Cosmetics & Cleaning Agents:
- Vegetable Oil
- Vegetable Fat
- Sodium Laureth Sulfate (in almost everything that foams) ^
- Sodium Lauryl Sulfate ^
- Sodium Dodecyl Sulphate (SDS or NaDS) ^
- Palm Kernel#
- Palm Oil Kernel #
- Palm Fruit Oil #
- Palmate #
- Palmitate #
- Palmolein #
- Glyceryl Stearate #
- Stearic Acid #
- Elaeis Guineensis #
- Palmitic Acid #
- Palm Stearine #
- Palmitoyl oxostearamide #
- Palmitoyl tetrapeptide3 #
- Steareth 2 *
- Steareth 20 *
- Sodium Kernelate #
- Sodium Palm Kernelate #
- Sodium Lauryl Lactylate/Sulphate *
- Sodium Lauryl Sulfoacetate ^
- Hydrated Palm Glycerides #
- Sodium Isostearoyl Lactylaye ^
- Cetyl Palmitate #
- Octyl Palmitate #
- Cetyl Alcohol ^
- Palmityl Alchohol #

# These ingredients are definitely palm oil or derived from palm oil.
* These ingredients are often derived from palm oil, but could be derived from other vegetable oils.
^ These ingredients are either derived from palm oil or coconut oil.

PRODUCTS THAT CONTAIN CRUDE PALM OIL:

COLGATE PALMOLIVE
- Shampoos (AP)
- Conditioners (AP)
- Body wash (AP)
- Soaps (AP)
- Liquid handsoap (AP)
- Shower gel (AP)

COLGATE
- Toothpastes (AP)
- Mouthwash
- Shaving cream

GENERAL MILLS
- Old El Paso tacos, dips, salsas & tortillas (AP)
- Betty Crocker products (AP)
- Cheerios breakfast cereal
- Nature Valley granola bars
- Fruit rollups
- Latina Pasta (AP)
- Olay (owned by General Mills)
- Most cosmetics
KRAFT
• Easy Mac
• Deluxe macaroni and cheese
• Peanut Butter
• Philadelphia cream cheese (AP)
• Toblerone Chocolate
• Velveeta
• Cool Whip cream

NABISCO (owned by Kraft)
• Oreos (AP)
• Ritz Crackers
• Chips Ahoy! (biscuits)
• Wheat Thins

HEINZ
• Beans
• Spaghetti Spaghetti
• Sauces & dressings
• Soups (AP)
• Frozen meals
• Desserts (AP)
• Wattie’s canned snack foods (AP)
• Weight watchers products
• MARS INCORPORATED
• M&Ms
• Snickers
• Mars bars
• Milky Way
• Twix
• Bounty
• Maltesers

• Doublemint
• Dove
• Wrigley’s (owned by Mars)
• 5 gum (AP)
• Extra gum (AP)
• Juicy Fruit gum (AP)
• Starburst lollies
• Skittles lollies
• Hubba Bubba bubble gum (AP)
• P.K. chewing gum (AP)

MARS PETCARE
• Pedigree
• My Dog
• Dine
• Kitekat
• Optimum
• Schmakos
• Advance
• Whiskas
• Royal Canin

SARALEE
• Bavarians
• Cakes & cheesecakes (AP)
• Chocolate Pies & Fruit Pies
• Croissants & Danishes (AP)
• Crumbles & Puddings
• Ice Creams (AP)
• Lasagna
• Quiches (AP)

(AP)= All products:- palm oil is found in all products or flavours of this specific brand.

PRODUCTS THAT CONTAIN OR ARE SWITCHING TO ‘SUSTAINABLE’ PALM OIL
(sustainable is still problematical in some cases, but it’s difficult to ascertain)

CRISCO

KELLOGS CEREALS & CONFECTIONARY
• Just Right (AP)
• Special K (AP)
• Cornflakes
• Crunchy Nut
• Rice Krispies
• LCM bars (AP)
L'OREAL PARIS

- Most cosmetics (makeups, tanning lotions, cleansers) (AP)
- Shampoos (AP)
- Conditioners (AP)
- Maybelline (owned by L'Oreal)
- Most cosmetics
- Garnier (owned by L'Oreal)
- The Body Shop (owned by L'Oreal)
- Aloe Calming Facial cleanser
- Aloe Soothing night cream
- Body Focus Firming lotion
- Moisture White makeup remover
- Olive Leaf Cleansing gel
- Wise Woman Luxury cleanser

NESTLE

- Maggi noodles (AP)
- Cheerios
- Corn Flakes (Nestle)
- Milo cereal
- Allen's lollies (AP)
- Kitkat chocolate bars (AP)
- Wonka chocolate bars

PALMER'S BODY PRODUCTS

- Skin products (AP)
- Cocoa butter lotions (AP)
- Make up (AP)
- Facial lotion (AP)
- Tanning lotion
- Shea butter formula

PROCTOR & GAMBLE

- Procter & Gamble products
- Pringles (AP)
- Iams dog food (AP)
- Detergents & body products (AP)
- OralB toothpaste

SMITHS SNACKFOOD COMPANY

- Crinklecut chips (AP)
- Doritos (AP)
- Twisties
- Burger Rings
- Cheetos
- Zigzag chips
- Nobbys (AP)

UNILEVER (Multibillion dollar company that consumes 20% of all palm oil farmed annually)

- Flora margarine
- Dove soaps and bodyproducts (AP)
UNILEVER (continued)
- Lux soaps and bodyproducts (AP)
- Brut men's products (AP)
- Radox bodyproducts
- Sunsilk shampoos and conditioners (AP)
- Vaseline skin care (AP)
- Chicken Tonight (AP)
- Continental
- Bertolli
- Raguletto

- Woolworths/ Safeway Supermarkets Select homebrand range
- Woolworths 'Select' range
- Woolworths HomeBrand range

PERSONAL CARE PRODUCTS
Accem Scott
Aloette Cosmetics
Avon
Borghese
Bumble & Bumble
California Baby
Channoine
Clinique
Cornelia
Cover Girl
Day & Night Minerals
DebLynne Soaps
Dial
Dr. Bronner's
Earth Therapeutics
Ecco Bella Botanical cosmetics
Genome Cosmetique
Herbal Essences
Hoffmans House of Treasure
Island Soap Company
Isomers Laboratories (makeup)
Jerome Alexander cosmetics
Juice Beauty
Kiss My Face Big Kiss Organic Palm Oil Soap
Lancome
La Série (beauty products)
Mary Kay
MD Skincare
Mountain Country
Neutrogena
One With Nature
Palmer's
Prai Beauty Products
Protameen
Pür Minerals
Regena Cell / Anti-Aging Cream
Revlon
Sappo Hill Skin Care Products
Senna Cosmetics
Sensaria
Sephora
Skin Biology
Skin Scope
Soma Therapy products
South of France
Tasha & Co.
Urban Decay cosmetics
ZENMED

A great way to help is to use these lists to target companies and complain about the use of palm oil in their products. Choose some of your favorite products that contain palm oil, go to their websites and find their contact details. You could either send them an email, or even better, give them a call! Express your opinion about their use of environmental-damaging palm oil - tell them about the catastrophic impacts palm oil is having on the planet, and encourage them to switch to an alternative vegetable oil! CONSUMER PRESSURE = CHANGE!
THE GOOD LIST

SUSTAINABLE YIELD (products that do NOT use palm oil)

AirWick (Reckitt Benckiser)  
Aveeno (Johnson & Johnson)  
AXE (Unilever)  
Ben Gay (Johnson & Johnson)  
Brasso Brass Polish (Reckitt Benckiser)  
Cacharel Fragrances (L’Oreal)  
Caladryl Anti-Itch Lotion (Johnson & Johnson)  
Calgon (Reckitt Benckiser)  
Clean & Clear (Johnson & Johnson)  
Clean & Smooth (Reckitt Benckiser)  
Clearasil (Reckitt Benckiser)  
Cling-Free (Reckitt Benckiser)  
Closeup (Unilever)  
Cortaid (Johnson & Johnson)  
Desitin Diaper Rash Ointment (Johnson & Johnson)  
Dip-It (Reckitt Benckiser)  
Dove (Unilever)  
Easy-Off (Reckitt Benckiser)  
Easy-On (Reckitt Benckiser)  
Electrasol (Reckitt Benckiser)  
Garnier (L’Oreal)  
Giorgio Armani (L’Oreal)  
Glass Plus (Reckitt Benckiser)  
Halls Throat Lozenges (Cadbury Schweppes plc)  
Jet Dry (Reckitt Benckiser)  
Johnson’s Baby Products (Johnson & Johnson)  
Johnson’s Soothing Naturals (Johnson & Johnson)  
Kerastase Hair Products (L’Oreal)  
Lifebuddy (Unilever)  
Lion Corporation  
Listerine Mouthwash (Johnson & Johnson)  
Listermint (Johnson & Johnson)  
L’Oreal  
Lubriderm (Johnson & Johnson)  
Lush Cosmetics (is not a member of the Roundtable of Sustainable Palm Oil but claims to use sustainable yield and also donates to orangutan conservation)  
Lux (Unilever)  
Lysol (Reckitt Benckiser)  
Matrix Hair Products (L’Oreal)  
Maybelline (L’Oreal)  
Mizani Hair Products (L’Oreal)  
Mop & Glo (Reckitt Benckiser)  
Neutrogena (Johnson & Johnson)  
Noxon (Reckitt Benckiser)  
Old English (Reckitt Benckiser)  
Ojon  
Persa Gel (Johnson & Johnson)  
Plax (Johnson & Johnson)  
Ponds (Unilever)  
Purpose Soap (Johnson & Johnson)  
Ralph Lauren (L’Oreal)  
Reach (Johnson & Johnson)  
Redken (L’Oreal)  
Rembrandt (Johnson & Johnson)  
Rexona (Unilever)  
Sani-Flush toilet Cleaner (Reckitt Benckiser)  
Saraya Co., Ltd  
Shower to Shower (Johnson & Johnson)  
Shu Uemura Cosmetics (L’Oreal)  
Signal (Unilever)  
Silvo (Reckitt Benckiser)  
Snowy (Reckitt Benckiser)  
Softsheen (L’Oreal)  
Spray N’ Wash (Reckitt Benckiser)  
Sunsilk (Unilever)  
Surf (Unilever)  
The Body Shop International  
Vaseline (Unilever)  
Veet (Reckitt Benckiser)  
Vivid (Reckitt Benckiser)  
Woolite (Reckitt Benckiser)