



ASIAN PALM OIL ALLIANCE (APOA)

NEWSLETTER

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Solidaridad





Chairman's Message



Welcome to the 3rd edition of the APOA Newsletter. Palm oil continues to play a vital role in Asia's food security and livelihoods. This month, we focus on busting common myths about oil palm and addressing the growing trend of "No Palm Oil" labels used by some companies as marketing tools. Such campaigns often spread misinformation and create unnecessary negativity around palm oil.

Through facts and insights, we explain that palm oil is not harmful. Like any other edible oil, moderation and balance are key. Palm oil, when produced responsibly, is not only safe but also contributes to sustainable agriculture and rural development. Stay tuned to our newsletter for more updates, facts, and stories that bring clarity to the conversation around palm oil.

Atul Chaturvedi
Chairman
Asian Palm Oil Alliance (APOA)





Did You Know?

Palm Oil is India's Most Used Oil

Palm Oil – 37%
(largest consumed, mostly imported)



Soybean Oil – 20%



Mustard Oil – 14%



Sunflower Oil – 13%



Palm oil makes up 37% of India's total edible oil use – the highest among all oils. It's not just in cooking but also found in snacks, soaps, chocolates, biscuits, and cosmetics. If you're in India, chances are you're already using palm oil every day!





Global Consumption Share:

Palm oil stands out as the most consumed and versatile oil globally – powering kitchens, industries, and daily products around the world.

Palm Oil – 35–40% (Most used worldwide; used in food, cosmetics & biofuels)

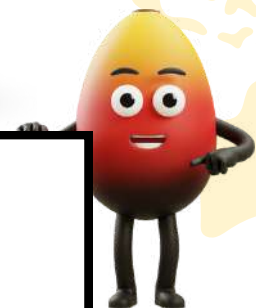
Soybean Oil – 28% (Mainly used for cooking and processed foods)

Rapeseed/Canola Oil – 14% (Popular in Europe for cooking and salad oils)

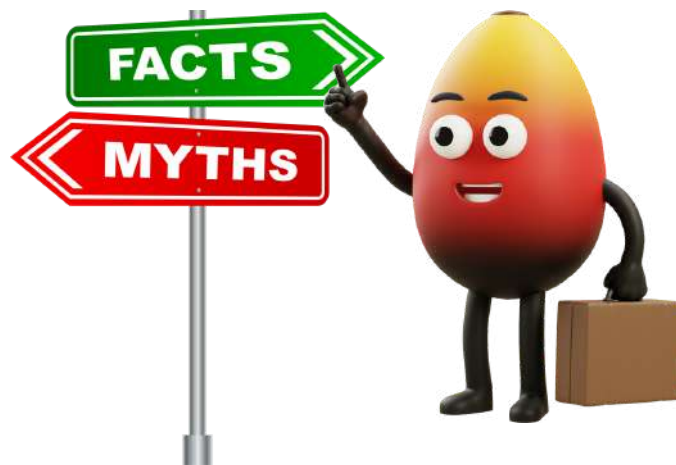
Sunflower Oil – 10% (Common in Europe & Asia for light frying)

Others (Coconut, Olive, Groundnut, etc.) – 8% combined

With such wide use, it's clear **palm oil isn't harmful** – it's all about balance. Like any food, even too much of a good thing can be unhealthy. **Moderation is the key!**

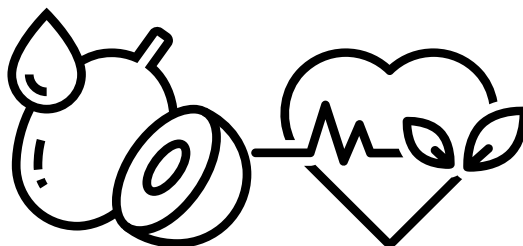


Countering Myths – Palm Oil Facts



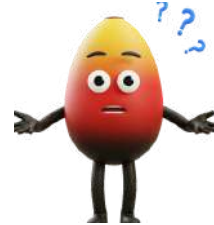
Myth: Palm oil is a low-quality oil that leads to obesity and is used only in cheap products.

Fact: In reality, palm oil's versatility makes it a key ingredient in a wide range of products—from nutritious foods to cosmetics and even biofuels. It provides essential fatty acids and energy when consumed in moderation as part of a balanced diet. Obesity results from overall lifestyle and dietary habits, not from palm oil itself.





Palm Oil: Used by All, Misjudged by Many.



Many “No Palm Oil” campaigns and product labels spread myths and misinformation, creating a negative image of palm oil. But the truth is, palm oil is part of your daily life – found in Chips, biscuits, soaps, chocolates, and more.

When used in moderation, palm oil is safe, nutritious, and versatile. It contains essential fats and nutrients and is excellent for cooking due to its heat stability. Sustainable production practices also ensure it's environmentally responsible.



Palm oil isn't harmful – it's all about balance, not blame.





Inside everyday
products



Ingredients :

Refined Wheat Flour (Maida), Sugar, Fractionated Fat, **Palmolein**, Cocoa Solids (3%*), Invert Sugar, Starch, Leavening Agents (500(ii), 503(ii)), Iodised Salt, Emulsifier (322), Nature Identical Flavouring Substances.

Allergen Information: Contains Wheat, Sulphite, Soy. May Contain Milk and Barley.



Oreo, a global favorite made with palm oil, is one of the most loved and widely consumed biscuits – a go-to treat that brings joy to both kids and adults.



Kadhi Pakora Recipe

Ingredients

For Kadhi:

- 2 cups curd (yogurt)
- 6 tbsp chickpea flour (besan)
- ½ tsp turmeric powder
- 1 tsp red chili powder
- 1½ tsp coriander powder
- ½ tsp cumin seeds
- 1 pinch asafoetida (hing)
- 2 tbsp palm oil
- ¼ tsp garam masala
- Salt to taste

For Pakora:

- ½ cup chickpea flour (besan)
- Salt to taste
- ¼ tsp turmeric powder
- ½ tsp red chili powder
- ½ tsp asafoetida (hing)
- 1 tsp kasuri methi
- Palm oil for frying



Method

- **Pakora:** Mix besan, salt, turmeric, chili powder, and a little water to form a smooth batter. Rest for 5 minutes. Fry spoonfuls in hot palm oil until golden and crisp. Set aside.
- **Kadhi:** Whisk curd, besan, and 4 cups of water. Heat palm oil, add cumin and hing. Pour in the curd mix, then add turmeric, chili, coriander, and salt. Cook for 15–20 minutes until thick. Add pakoras and garam masala; simmer for 5 minutes.

Serve hot with steamed rice and enjoy!



AGRI BUSINESS

Indonesia's new biodiesel mandate to support global palm oil prices

by PAMM

Malaysia Palm Oil Council says falling soybean oil exports from the US, Brazil and Argentina will aid the trend

By Gayathri G

Updated - October 23, 2025 at 12:45 PM / Continue



India's palm oil imports from Malaysia hit an 11-month high of 312,000 tonnes in September, tightening global vegetable oil supplies. Prices are currently holding above MYR (Malaysian ringgit) 4,400 per tonne, supported by Indonesia's potential B50 biodiesel mandate and falling soybean oil exports from the US, Brazil and Argentina.

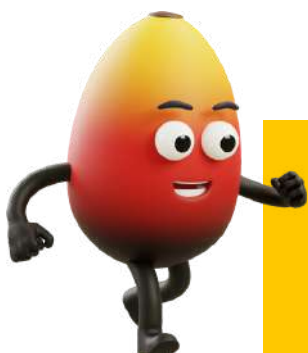
Analysts warn consumers may see sustained upward pressure on cooking oil prices heading into 2026.

According to a press release issued by the Malaysian Palm Oil Council (MPOC), the country's palm oil exports surged in September, led by a sharp rebound in shipments to India, signalling a critical boost for the world's largest edible oil importer.

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AGRI BUSINESS

India's RBD palmolein imports halt in Sept, but edible oil imports surge 51%

Overall, edible oil imports decline 3.8% during November-September period of current oil year

By BE Mangaluru Bureau

Updated - October 23, 2025 at 09:53 PM / Mangaluru, October 18



Data compiled by the Solvent Extractors' Association of India (SEA) showed that India imported 16.04 lakh tonnes (lt) of edible oil in September 2025, compared to 10.64 lt in September 2024.

India's **edible oil** imports increased by 51 per cent in September 2025 compared with September 2024 due to a surge in the import of crude palm oil (CPO), soybean oil and sunflower oil. However, imports of RBD palmolein stopped following high duty difference compared to crude palm oil.

Data compiled by the Solvent Extractors' Association of India (SEA) showed that India imported 16.04 lakh tonnes (lt) of edible oil in September 2025, compared to 10.64 lt in September 2024. India imported 8.24 lt of CPO in September 2025 (4.32 lt in September 2024). This was followed by soybean oil at 5.03 lt (3.84 lt) and sunflower oil at 2.72 lt (1.52 lt) during the period.

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AGRI BUSINESS

India needs predictable palm oil tariff policy to end decade of market chaos: Study Premium

The country, which imports 60-65% of its edible oil needs, has changed tariffs more than 25 times since 2015, creating uncertainty across the supply chain from international suppliers to consumers, the research said

By PTI

Updated - October 14, 2025 at 09:36 PM | New Delhi



India, the world's largest cooking oil importer, should adopt a transparent and multi-year tariff framework for edible oils to end a decade of policy volatility that has destabilised prices and deterred investment, according to a new study.

The country, which imports 60-65 per cent of its edible oil needs, has changed tariffs more than 25 times since 2015, creating uncertainty across the supply chain from international suppliers to consumers, the research said.

The research, 'Tariff Volatility and Stakeholder Dynamics in India's Edible Oil Sector', was jointly conducted by the Centre for Economic Studies and Planning, Jawaharlal Nehru University, VeK Policy Advisory and Research, and Assocham.

With palm oil accounting for 60 per cent of India's edible oil imports, the study recommended establishing predictable tariff bands, strengthening market data systems, and institutionalising stakeholder consultation before policy changes.

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AGRI BUSINESS

India can halve palm oil imports by 2047, says White Paper Premium

Solidaridad Asia, in collaboration with the Solvent Extractors' Association of India and the Asian Palm Oil Alliance, has mooted boosting domestic production and achieving up to 50 per cent self-sufficiency.

By B2 Mangalore Bureau

Updated - September 24, 2025 at 10:08 PM



The five point strategy calls for expanding NMEP-OP coverage, boosting irrigation in rain-fed regions, and repurposing low-return rice lands for oil palm cultivation. | Photo Credit:

Solidaridad Asia, in collaboration with the Solvent Extractors' Association of India (SEA) and the Asian Palm Oil Alliance (APOA), has released a research-backed white paper titled 'Path to Palm Oil Self-Sufficiency in India' providing a comprehensive strategy to reduce India's heavy reliance on palm oil imports, boost domestic production, and achieve up to 50 per cent self-sufficiency by 2047.

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Asian Palm Oil Alliance

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