

## Palm Oil Conference in Indore Reshapes Perceptions on Health and Nutrition

India's palm oil consumption now exceeds 38% of total edible oil consumption, followed by soybean oil (21%), mustard oil (14%), and sunflower oil (12%).

[KJ Staff](#) Updated 1 July, 2024 3:58 PM IST



Leading nutritionists, scientists, medical professionals and edible oil industrialists at Palm Oil Conference in Indore

The **'Palm Oil - Transforming Perceptions for Health and Nutrition'** seminar, jointly organized by Solidaridad, Asian Palm Oil Alliance and SEA successfully concluded on June 28, 2024 at the Brilliant Convention Center in Indore. The event brought together leading nutritionists, scientists, medical professionals and edible oil industrialists like the Solvent Extractors' Association of India (SEA), Adani-Wilmar, Godrej Agrovet Limited to discuss the multifaceted benefits of palm oil and its role in India's edible oil landscape.

Palm oil's rich nutritional profile was a key focus of the seminar, highlighting its high content of carotenoids and balanced fatty acid composition. Experts discussed potential health benefits associated with palm oil consumption, including improved heart and brain health, antioxidant properties, and support for eye health.