

Palm Oil

The East American Group (EAG) offers palm-related products such as Red Palm Oil, Palm Cooking Oil, Shortening, Margarine and Vegetable Ghee in bulk or packaged for private label.



Regarded as a sacred healing food by many civilizations, including the ancient Egyptians, crude or virgin red palm fruit oil should be regarded as one of the most nutritious edible oils in the world. It is not to be confused with palm kernel oil. It is derived from the fruit of the oil palm tree (*Elaeis guineensis*) and is referred to as "red palm oil" because of its rich dark red color in its unprocessed natural state. Palm kernel oil is derived from the seed or the kernel.

Palm oil has a balanced composition of both saturated and unsaturated fatty acids. Coupled with nature's gift of high vitamin E content, this oil is naturally very stable. The oil palm fruit is unique. From the fruit two distinct types of oils are produced: palm oil and palm kernel oil. Both are edible oils but with very different chemical composition, physical properties and applications. Each palm fruit produces about 90 percent palm oil and 10 percent palm kernel oil.

The general assumption that kernel oil and palm fruit oil are one in the same may have led to one of the greatest oversights in modern nutrition. The stigma attached to the kernel has kept the fruit in the dark - at least until now. Virgin organic sustainable red palm fruit oil is otherwise a bona fide miracle food.

Due to its excellent stability Palm Oil is the No. 1 choice in the world as frying oil for foods such as instant noodles, French fries, potato crisps, doughnuts and fried meats and snacks. Palm oil's semi-solid properties make it a favorite ingredient among food processors. From palm oil you can have unlimited oil fractions for use of any kind of food applications. The oil could be incorporated into a wide variety of food products which include cooking oils, margarines, noodles, shortenings, vegetable ghee, bakery products, chocolates, hot beverages, coffee creamers, and ice cream.



Red palm oil (RPO) is the only commercially-available oil that contains substantial amounts of the natural plant pigments called "carotenoids" as well as vitamin E. The health benefits are achieved due to the red color of the palm fruit oil that is attributed to its high content of carotenes, which include beta-carotene and lycopene. These powerhouse antioxidant nutrients are the same ones that give tomatoes and carrots and other fruits and vegetables their rich red and orange colors. What may shock you is that red palm fruit oil contains more than tomatoes or carrots. Red palm fruit oil is also densely packed with numerous tocotrienols - a powerful form of vitamin E. Some of the carotenoids in RPO are converted to vitamin A in our body; the rest of the carotenoids, together with vitamin E (particularly tocotrienols), are reported to play a vital role in advanced nutritional boosting of the immune system which has evolved to protect the body from chronic diseases such as heart disease and cancer.