

**What are the levels of consumptions
of palm oil in France in 2013 ?**



Objectives

Methodology

Results

- ❖ **The average consumption of palm oil by children and adults**
- ❖ **Consumption of palm oil by the big consumers**
- ❖ **Principals contributors to the consumption of palm oil**

Conclusion



- | Estimate the **quantity of saturated fatty acids consumed** by the French population in order to estimate the proportion of palm oil in that consumption
- | Estimate the **quantity of palm oil consumed** in France by children and adults
- | Measure the **consumption of palm oil of** small, average and big consumers
- | Research the **principals contributors** of the consumption of palm oil in France for children and adults



| Methodology





Part Behavior & Opinions

In 1988, 1995, 1997, 2000, 2003, 2007, 2010, 2013 :

Face to face Questionnaire

- *to the housewives*
(questionnaire housewife, 1st visit)
- *to all the members of the family*
(questionnaire individuals, 2nd visit)

Part Food Consumption

In 2003, 2007, 2010 :

- *Notebook of consumption over 7 days*
(+ notebook with photos SU.VI.MAX)
- *All the type of food, beverage and solids*
- *Occasions, place and environment of consumption, ...*
- *Nutritionals table of CIQUAL 2013*

In 2013 : Notebooks of consumption

- *Paper (54% individuals)*
- *Internet (46% individuals)*



Children
(3-14 years old)

N = 809



Adults
(15 ans years old and plus)

N = 1230



Classification in 38 groups (CIQUAL)

Groups not studied

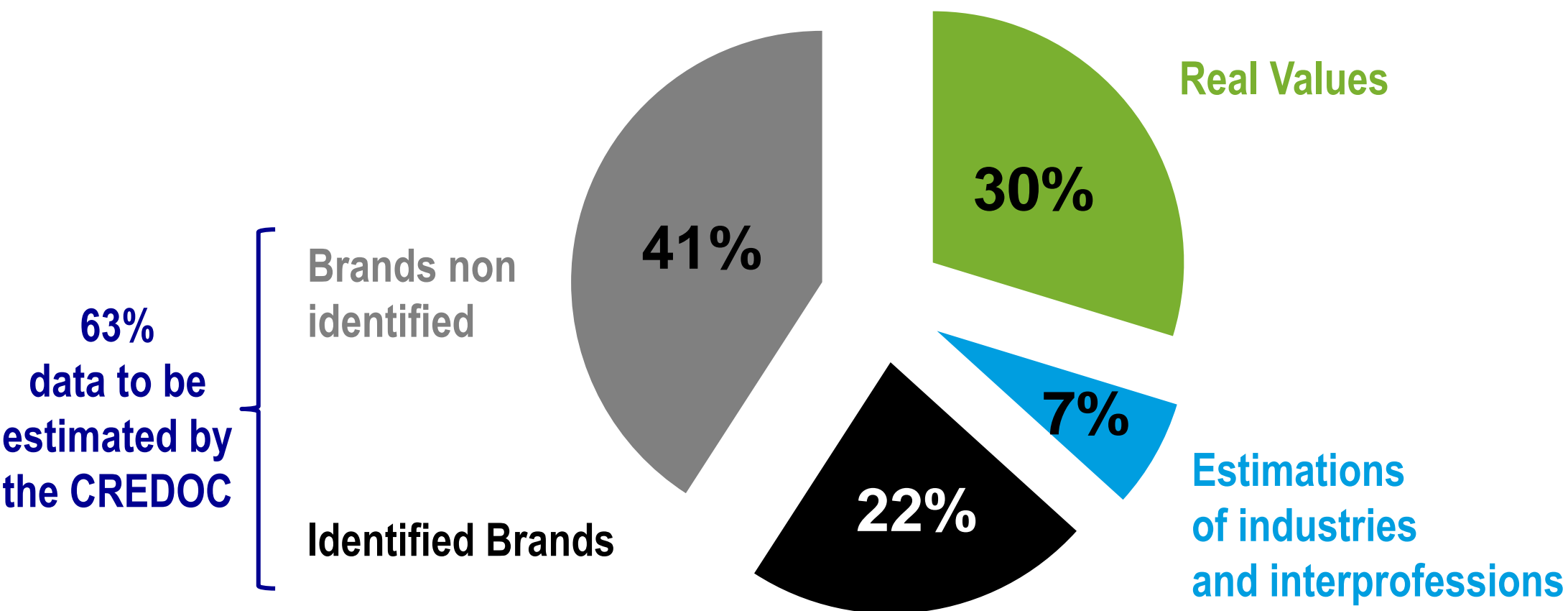
- ❖ Offal
- ❖ Beverage with alcohol
- ❖ Stewed fruits with sirup
- ❖ Condiments
- ❖ Waters
- ❖ Cheese
- ❖ Fruits
- ❖ Dry fruits
- ❖ Seeds
- ❖ Juice and nectars
- ❖ Natural milk
- ❖ Vegetables
- ❖ Dry vegetables
- ❖ Eggs and derivates
- ❖ Paste
- ❖ Rice and semolina
- ❖ Sodas
- ❖ Meet
- ❖ Poultry, game

Groups studied

- ❖ Salted Biscuits
- ❖ Sweet Biscuits
- ❖ Hot Beverage
- ❖ Breakfast cereals
- ❖ Delicatessen
- ❖ Pudding
- ❖ Fatty substance
- ❖ Bread-Rusk
- ❖ Pastry
- ❖ Pizzas-quiche
- ❖ Mixed dish
- ❖ Fish-Shellfish
- ❖ Potatos
- ❖ Sweet Products
- ❖ Sandwiches
- ❖ Sauces
- ❖ Soups



Data collected from the composition of products which could contain palm oil (%)



Source : CREDOC, Study CCAF 2013



| Results



The Saturated Fatty Acids (SFA) represents :

- ❖ 13,9% of the energy intake for children (24,2 g/j),
- ❖ 14,2% for the adults (30,5 g/j),

The **current recommandation for SFA is 12%** maximum of energy intake

Estimation of quantity of palm oil consumed in France:

- ❖ The whole population : **2,8 g/j [2,2 - 5,5]**
- ❖ Children (3-14 years old) : **3,3 g/j [2,6 - 6,1]**
- ❖ Adults (15 years and plus) : **2,7 g/j [2,0 - 5,2]**

The contribution of palm oil to the SFA represents:

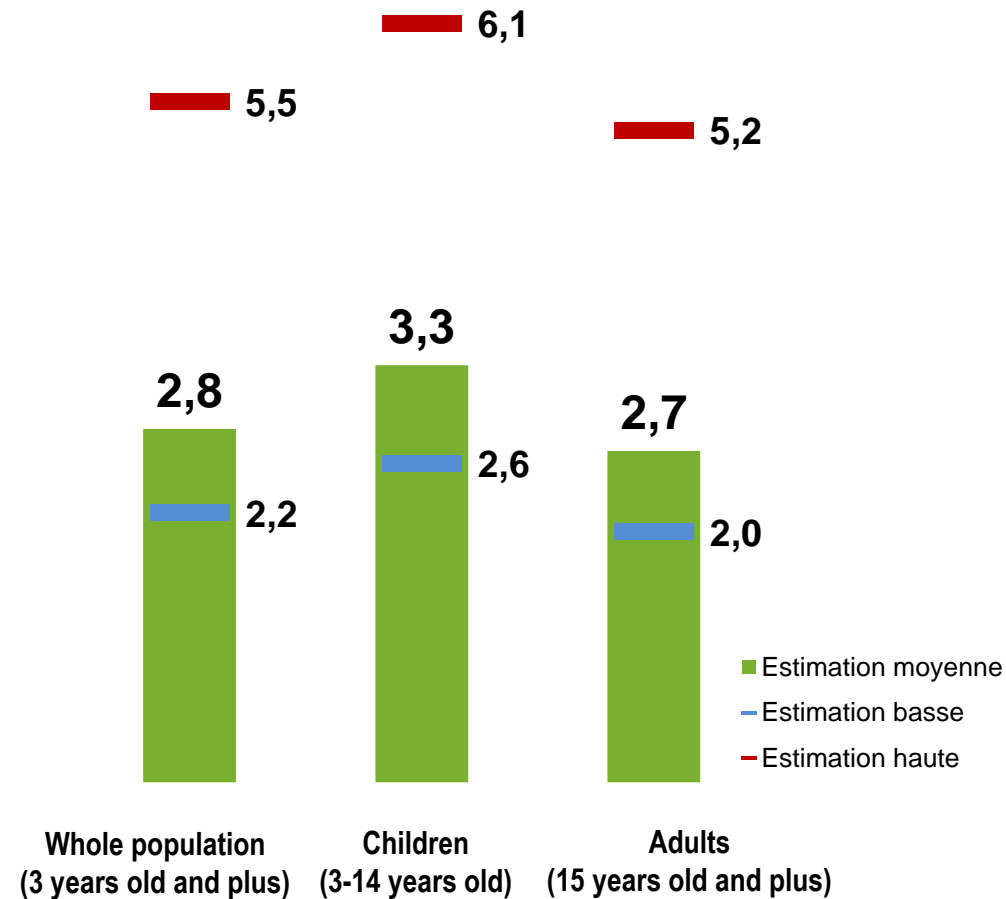
- ❖ 7% for the children (3-14 years old)
- ❖ 4% for the adults (15 years old and plus)



The children consume between 2,6 and 6,1 g of palm oil per day, the adults between 2,0 and 5,2 g/j.

Average consumption of palm oil for children and adults in 2013 (g/j)

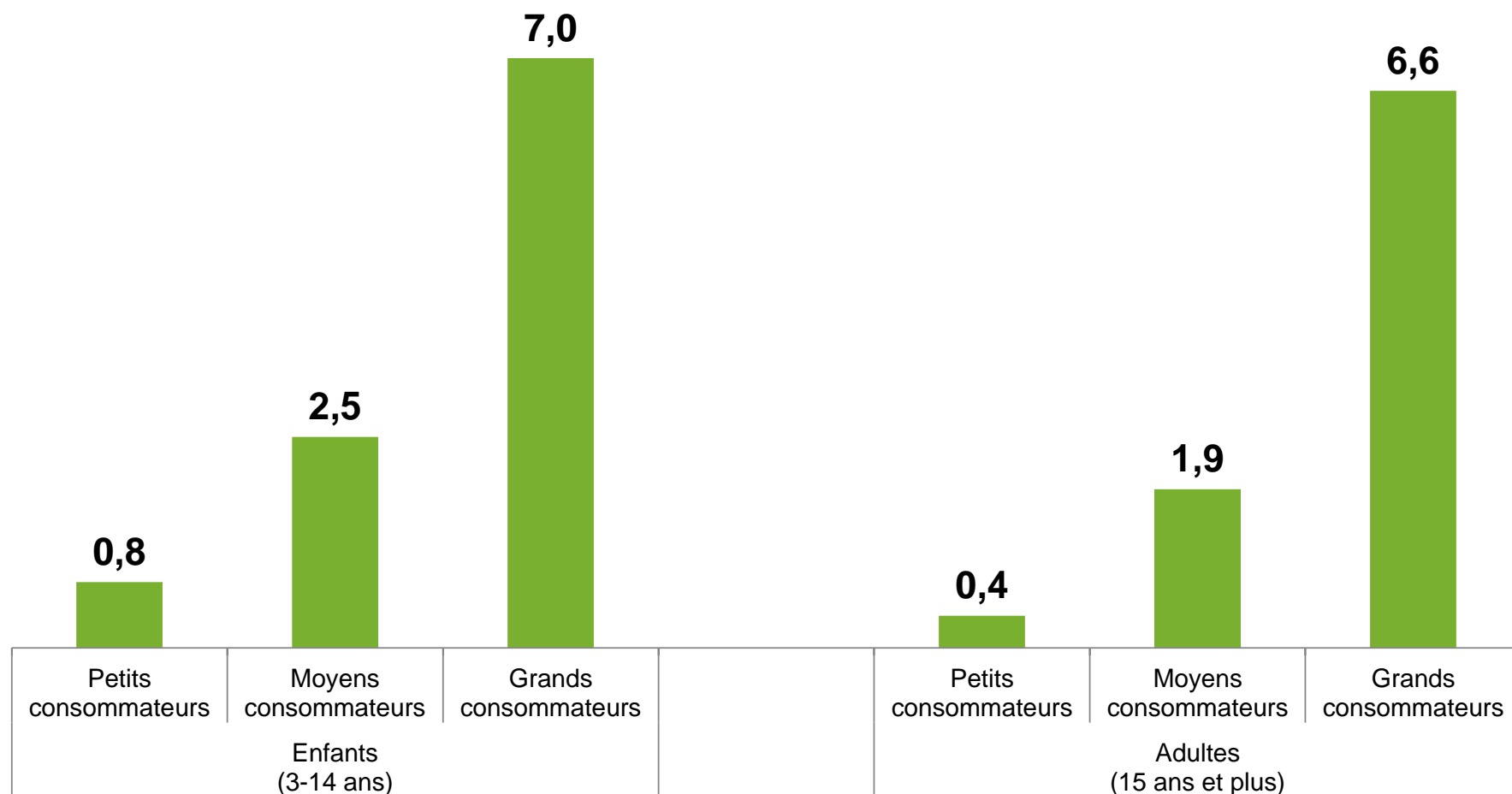
Base : Children (N=809) and Adults (N=1230)



Source : CREDOC, Study CCAF 2013



Average Consumption of palm oil for the SMB consumers - children and adults in 2013 in 2013 (g/j)



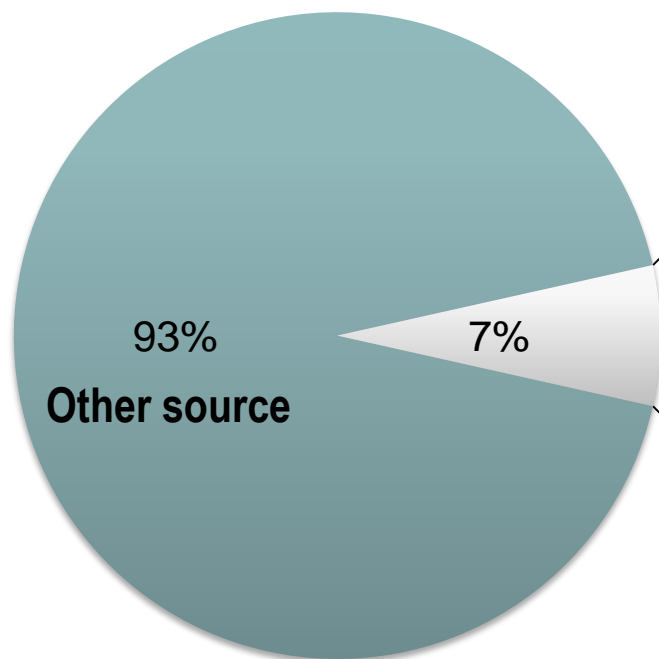
Source : CREDOC, Enquête CCAF 2013



Proportion of palm oil in the SFA contributions and origin for children in 2013 (g/day et %g/day)*

Children (3-14 years old) N = 809

The average contribution of Saturated Fatty Acids for children is **24,2 g/j**



Sweet Products	2,0%
Sweet Biscuits	1,8%
Pastry	0,8%
Pizzas, quiche	0,8%
Breakfast Cereals	0,6%
Viennese pastry	0,5%
Salted Biscuits	0,2%
Fatty substance	0,1%
Pudding	0,0%
Bread-Rusk	0,0%
Soup	0,0%
Mixed Dish	0,0%
Hot Beverage	0,0%

**SFA
from palm oil**

Source : CREDOC, Enquête CCAF 2013

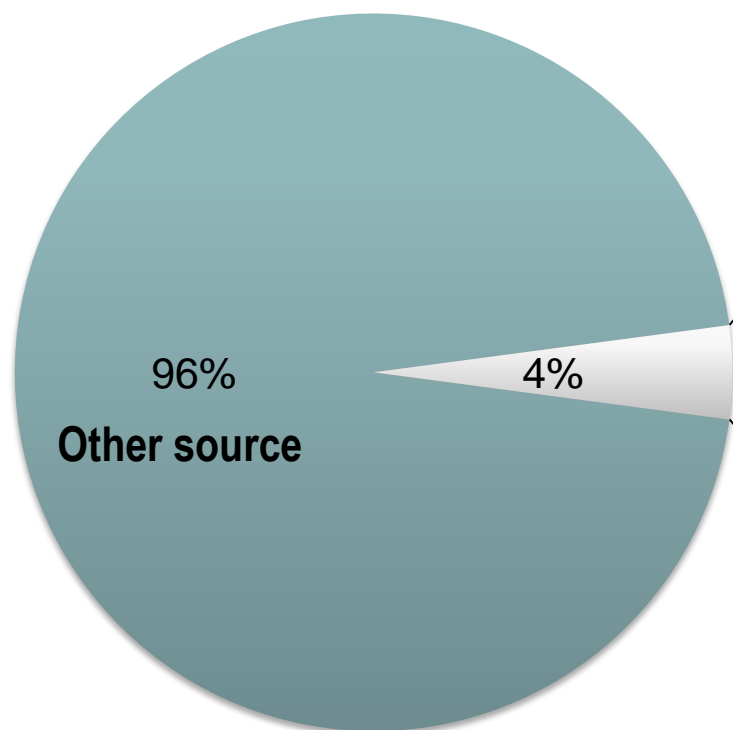
The most bigger contributor of palm oil brings only 2% of SFA



Proportion of palm oil in the SFA contribution and origin for adults in 2013 (g/day et %g/day)*

Adults (15 years and plus) N = 1230

The average contribution of SFA for adults is **30,5 g/j**



Pizzas, quiche	1,1%
Pastry	0,8%
Sweet Biscuits	0,6%
Sweet Products	0,5%
Fatty substance	0,4%
Viennese pastry	0,4%
Salted Biscuits	0,2%
Bread-Rusk	0,1%
Breakfast cereals	0,1%
Soup	0,0%
Hot Beverage	0,0%
Pudding	0,0%
Mixed dish	0,0%

**SFA
from palm oil**

Source : CRÉDOC, Enquête CCAF 2013

The most bigger contributor of palm oil brings only 1,1% of SFA



| Conclusion



The contribution to Saturated Fatty Acids (SFA) are superior to the recommendations for children and adults

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- ❖ 14,2% for the adults (30,5 g/j),

The **current recommendation for SFA is 12%** maximum of energy intake

Estimation of quantity of palm oil consumed in France:

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The contribution of palm oil to the SFA represents:

- ❖ **7% for the children (3-14 years old)**
- ❖ **4% for the adults (15 years old and plus)**

