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
Behavior and food consumptions in France: Methodology

**Part Behavior & Opinions**


- Face to face Questionnaire
  - to the housewives
    (questionnaire housewif, 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, …
- Nutritional table of CIQUAL 2013

*In 2013:*

- Notebooks of consumption
  - Paper (54% individuals)
  - Internet (46% individuals)
Definition of populations studied

Children
(3-14 years old)

N = 809

Adults
(15 ans years old and plus)

N = 1230
## Scope of the research CCAF 2013

### 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-Shelffish
- Potatos
- Sweet Products
- Sandwiches
- Sauces
- Soups
Data collected from the composition of products which could contain palm oil (%)

- Identified Brands: 41%
- Real Values: 30%
- Brands non identified: 22%
- Estimations of industries and interprofessions: 7%

63% data to be estimated by the CREDOC

Source: CREDOC, Study CCAF 2013
Results
The Satured 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 recommendation 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
The top third of palm oil consumers consume 7.0g/day of palm oil for children and 6.6g/day for adults.

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

Source: CREDOC, Enquête CCAF 2013
The Satured Fatty Acids from palm oil contributes to 7% of the total of SFA for children.

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 Satured Fatty Acids for children is 24.2 g/day.

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

Source: CREDOC, Enquête CCAF 2013
The Satured Fatty Acids from palm oil contributes to 4% of the total of SFA for the adults.

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

<table>
<thead>
<tr>
<th>Source</th>
<th>Contribution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pizzas, quiche</td>
<td>1.1%</td>
</tr>
<tr>
<td>Pastry</td>
<td>0.8%</td>
</tr>
<tr>
<td>Sweet Biscuits</td>
<td>0.6%</td>
</tr>
<tr>
<td>Sweet Products</td>
<td>0.5%</td>
</tr>
<tr>
<td>Fatty substance</td>
<td>0.4%</td>
</tr>
<tr>
<td>Viennese pastry</td>
<td>0.4%</td>
</tr>
<tr>
<td>Salted Biscuits</td>
<td>0.2%</td>
</tr>
<tr>
<td>Bread-Rusk</td>
<td>0.1%</td>
</tr>
<tr>
<td>Breakfast cereals</td>
<td>0.1%</td>
</tr>
<tr>
<td>Soup</td>
<td>0.0%</td>
</tr>
<tr>
<td>Hot Beverage</td>
<td>0.0%</td>
</tr>
<tr>
<td>Pudding</td>
<td>0.0%</td>
</tr>
<tr>
<td>Mixed dish</td>
<td>0.0%</td>
</tr>
</tbody>
</table>

Other source: 96%

SFA from palm oil: 4%

The average contribution of SFA for adults is 30.5 g/j.

Source: CREDOC, Enquête CCAF 2013

The most bigger contributor of palm oil brings only 1.1% of SFA.
Conclusion
CONCLUSION

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

- 13,9% of the energy intake for children (24,2 g/j),
- 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:

- 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)