



Foods that contain Palm Oil

Breads & Cakes

Palm Oil Products	Palm Oil FREE Products	Contain Sustainable Palm Oil/No Deforestation Policy
Biona, Woolworths Brand, Wonder White, Mighty Soft, Helgas.	Vogels, Bürgen, Golden Crumpets, Country Life, Quality Bakers, Abbott's Village Bakery.	Coles Brand, Mission, Woolworths brand donuts.

Dairy

Palm Oil Products	Palm Oil FREE Products	Contain Sustainable Palm Oil/No Deforestation Policy
Meadowlea, Flora, Woolworths Brand, Weightwatchers, Western Star, Pro Activ, Devondale (less fat range), Clover.	Block/Stick Butter (All Brands), Alpha One, Mainland Buttersoft, Lurpak, Devondale (Originals), Waitrose.	Coles Brand.

Icecream

Palm Oil Products	Palm Oil FREE Products	Contain Sustainable Palm Oil/No Deforestation Policy
Bulla, Sara Lee, Streets, So Good, Woolworths Home brand, Blue Ribbon.	Weis, Ben & Jerry's, Golden North, Life Savers, Booja Booja.	Magnum, Nestle Brand, Coles Brand.

Spreads

Palm Oil Products	Palm Oil FREE Products	Contain Sustainable Palm Oil/No Deforestation Policy
Kraft Peanut Butter, Kraft Hazelnut and Chocolate Spread, Skippy's Peanut Butter, Biona, Mighty Mite, Woolworths Crunchy Peanut Butter.	Sanitarium Peanut Butter and Marmite, Vegemite, Melrose, Aussie Mite, Dick Smith Peanut Butter, Omega Mite, Meridian.	Nutella, Promite, Waitrose, Coles Peanut Butter.

Bars/Dried Fruit/Nuts/Cereals

Palm Oil Products	Palm Oil FREE Products	Contain Sustainable Palm Oil/No Deforestation Policy
Nice & Natural, Black & Gold, Kellogg's Twists, Nobby's, Kellogg's Nutri-Grain, Sultana Bran, Special K, Corn flakes & fruit loops, Woolworths Home brand Apricot and muesli, Be Natural (Selected).	Nature Valley Crunchy Granola, Certain Uncle Toby's, Coles Mixed Fruit, Sunbeam Sultanas, Sunsweet Dried Mango, Fruit for Life, Up and Go.	Uncle Toby's Bars, Carman's, Rude Health.

Frozen foods

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Four n Twenty Pies, Heinz, Sanitarium (Selected).	Lean Cuisine, Maggi, Birds Eye (Large Selection, Weightwatchers, McCain, Ingham (Large Selection), Light n Easy, On the Menu, Quorn.	Coles Brand, Linda McCartney, Waitrose.

Instant Noodles

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Fantastic, Nissin, Woolworths Brand, Indo Mie (Mie Goreng), Sumin, Easy Mac, Continental.	Woka, Kan Tong, Changs, Kabuto Noodles.	Maggi, Coles Brand.

Biscuits

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Oreo, Ritz, Belvita, Shapes, Waterthins, TeeVee Malt snacks, Hello Panda, Pop Tarts, Kellogg's Pop tarts, Toast'em pop ups, Woolworths Select Chunky double Chocolate cookies, Rondoletti Wafers, Parker's, Baked Wheat Original, Woolworths Select Shortbread Creams, Tunnock's Caramel Wafer, Wheelies Woolworths Home brand Jersey Caramels, Woolworths Home brand vanilla crème and Strawberry crème wafers, Tunnock's Caramel Wafer, Cadbury Breakway, Cadbury Fingers Milk Chocolate, Cookies with M&Ms Minis, Mars Bar Cookies.	Walkers Shortbread, Sakata, Arnott's (Cruskits, Vitaweed), Butterfingers, Peckish, Ryvita, Corn Thins, Sunrice, Fantastic (selected), Tuckers, Mission.	Arnott's (all except above) Weightwatchers, Peckish, Shapes, Coles Brand.

Gluten Free

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Eskel Deli Crackers, Macro double choc biscuits, gluten free bakery apple pies, Gluten & Dairy Free Minton.		Thomas Chipman Organic & Gluten Free Chips.

Snacks/Chips

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Cheetos, Kettle Chips, Samboy Chips, Thins Chips, Doritos, Twisties, Burger Rings, Pringles, Bluebird, Prezels, Tasty Toobs, Woolworths Home Brand Chips, Woolworths Select Chips, Woolworths Cheese Twists, Coles Thin Cut Chips, Coles Original Corn Chips, Coles Crinkle Cut Chips, Coles Simply Less Cheese & Jalapeno Flavoured Potato Snacks, Marco Vegie Chips, Chickadees, Snow Pea Crisps, IGA signature potato chips, All Marco Wholefoods Market, Coles Microwave Popcorn Butter Flavour, Poppin Cheese Flavoured Microwave Popcorn.	Vege Chips Company, Lays, Kettle, Red Rock Deli, Smiths, Thins Popped, Tyrrells, Mission.	Cheezels, Thins, CC's Corn Chips, French Fries, Natural Chip Company, Walkers, Macrocorn Chips, Thomas Chipman products.

Lollies/Chocolate

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Allens, Pascall, Fantails, Starburst Fruit Chews, Haribo, Milky Way Bars, Darrel Lee, Favourites, Picnic, Time Out, Cadbury with soft filling, Quality Street, Nestle, Turkish Delight, Freddo Frogs.	Skittles, Mentos, Pez, Chuppa Chups, Wizz Fizz Sherbert, Sherbies, Darrel Lee Licorice, Biona, Jelly Belly, Starburst (selected) Wrigglys Chewing Gum, The Natural Confectionary, Milo, Bounty, Crunchy, Flake, Lindt (blocks only – Lindor balls contain Palm Oil), Toblerone, Whittakers, Loving Earth, Twirl, Cadbury (ONLY plain chocolate), Pana Chocolate, Guylain, Booja Booja, Ombar.	Aero, Ferrero, Koko Black, Smarties, Snickers, Twix, Violet Crumble, Kit Kat, Mars Bars, Maltesers, M&M variety, Mars Bar, Celebrations, Lindt Lindor, Kinder, Thorntons.

Soap/Cleaning Products/Baby Wipes

Palm Oil Products	Palm Oil FREE Products	Contain Sustainable Palm Oil/No Deforestation Policy
Dove Soap, Dermaveen, LUX, Palmers, Nivea, Pears, QV, Lynx, Old Spice, Palmolive, Surf Laundry Liquid, Jif, Windex, Dettol, Surf, Woolworths Homebrand, Fairy, Black and Gold IGA, Vanish, Fab, OMO, Johnson's Baby Skincare Wipes, Full Circle Coffee Equipment Wash, Coles Green Choice Laundry Products and Detergents.	Beauty and the Bees, Sukin (Selected), Urthly Organics, Dindi, Earths Choice, Radiant Powder, Orange Power, Down to Earth, Eucalyptus Oil, Organic Choice, Orange Power, Down to Earth, Gaia Baby Wipes, Bepanthen.	LUSH, Billie Goat Soap, Original Source, Thankyou, Natures Organics, Radox, Waitrose, Radiant Liquid, Nifty All Purpose, Cuddly Fabric Softener, Ajax Spray n Wipe, Method, Earths Choice, Eco Store, Ajax, Glade, Purex, Off! Morning Fresh, Method, Coles Home brand, Thankyou, Johnsons Baby Shampoo ONLY, Mum & Me, Cussons Baby, Dr Bronner.

ALTERNATE NAMES FOR PALM OIL

Anything with the word "Palm" in it	Palm Kernel Oil	Sodium Lauryl Lactylate
Cetyl Alcohol	Palm Stearine	Sodium Lauryl Sulfoacetate
Cetyl Palmitate	Palmate/Palmitate	Stearate
Elaeis Guineensis	Palmitic Acid	Steareth 2 & 20
Emulsifiers 422, 430-36, 470-8, 481-3, 493-5	Palmityl Alcohol	Stearic Acid
Glyceryl Stearate	Palmolein	Vegetable Glycerin
Octyl Palmitate	Sodium Dodecyl Sulfate	VEGETABLE OIL
Palm Fruit Oil	Sodium Kernelate	Vitamin A Palmitate
	Sodium Laureth/ Lauryl Sulphate	



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