



The Many Shades of Red

Uses of Red Palm Oil

Extra virgin red palm oil is one of the most versatile, healthful products on the market. It can be used as a staple ingredient in many food items, dietary supplement, moisturizer, pain reliever, and the list goes on. SPTC is proud to bring you the highest quality Red Palm Oil; and, like all of our products, our oil is USDA certified organic. Below is an overview of the major uses for this fabulous product.

Food Preparation

Fats have been an essential ingredient in every type of cuisine. It lends flavor and texture to any dish. The consistency and taste of food many times depends largely on the type of fat one uses. In baking and frying, hard fats (i.e. palm oil, butter) provide much more flavor than polyunsaturated vegetable oils. Vitamin rich red palm oil makes an excellent substitute in any type of baked goods, and is ideal for deep frying.

- Palm oil is very easy to use, and can be substituted for other oils in nearly all baked goods in a 1 to 1 ratio.
- In frying, many other oils need chemical anti-foaming agents because of the high temperatures. Palm oil has very low foaming tendencies, so it does not need additives. It is excellent for frying because it's smoke point is very high (437 degrees F). Red palm oil will not oxidize quickly like most other vegetable oils and can be recycled several times.
- The flavor of palm oil is incomparable. Many people will add it to savory dishes to give them an improved flavor profile.

Dietary Supplement

Palm Oil is also an excellent source of mixed vitamin E, mixed carotenoids, vitamin K, squalene, sterols, CoQ10, and other nutrients. While it is generally taken through food sources, palm oil can be taken as a supplement. One tablespoon a day will provide you with the RDA of vitamin E, vitamin A, and over 610 mg of naturally occurring CoQ10, essential in maintaining healthy organ functions and actually improves the cardiovascular health.