

BEST CHOICES SHOPPING GUIDE



PALM OIL

MAKE A DIFFERENCE!

Read labels when you shop.
The choices that you make can affect orangutans.

HOW CAN I HELP?

- Urge companies that are not RSPO members to join and make a commitment to sustainable palm oil.
- Demand clear labeling for products that contain sustainable palm oil.
- Choose products made by Roundtable on Sustainable Palm Oil (RSPO) member companies. They have made a commitment to move toward using sustainable palm oil in their products.

Avon
Burger King
Costco Wholesale
Dunkin'
Estee Lauder
General Mill
Girls Scouts of the USA
Hershey's
J.M. Smucker
Johnson & Johnson
Kellogg
Kraft Heinz Co.

L'Oreal
Mars, Incorporated
McDonald's
Nestle
PepsiCo
Pizza Hut
Seventh Generation
Shearer's Foods
Target
Tyson Foods
Walmart
Wendy's

*Partial list

RSPO Member Products (Food)

Partial list courtesy of Cheyenne Mountain Zoo

A.1. Sauce
Act II
Activia Yogurt
ALTOIDS
Archer Farms
Athenos
Aunt Jemima
Austin Crackers
Bagel Bites
Baker's Chocolate
Ball Park
Banquet
Barnum's Crackers
Beech-Nut
belVita
Ben & Jerry's Ice Cream
Bertolli
Better Cheddars
Betty Crocker
Big Red Gum
Birds Eye
Bischoff
Bisquick
Blue Bird Donuts
Blue Bonnet
Blue Bunny
Blue Ribbon Foods
Bomb Pops
Boost
Breath Savers Mints
Breyers Ice Cream
Bubble Yum Gum
Cadbury
Capri Sun
Carnation
Cheese Nips
Cheez-It
Chef Boyardee
Chester's Popcorn
Chips Ahoy!
Chupa Chups Lollipops

Classico
Clausen Pickles
Combos
Cool Whip
Country Crock
Country Time
Cracker Jack
Crunch 'n Munch
Crystal Light
David Seeds
Dean's Dips
Dole Juice
Doublemint Gum
Dove Chocolates
Dreyer's Ice Cream
Eggs n' Hines
Earth Balance
Eclipse Gum
Edy's Ice Cream
Egg Beaters
Eggo
Extra Gum
Famous Amos Cookies
Ferrero Rocher
French's
Frito Lay
Gardenburger
Gardetto's Snacks
Gatorade
Gerber
Ghirardelli
Good Humor
Grandma's Cookies
Green Giant
Haagen Daz
Hamburger Helper
Haribo
Healthy Choice
Hebrew National
Hellmann's
Hidden Valley

Home Pride
Honey Maid
Hot/Lean Pockets
Hungry Man
Hunt's
I Can't Believe It's Not
Butter
Ice Breakers Mints
IZZIE
Jell-O
Jenny Craig
Jet-Puffed Marshmallows
Jiffy Pop
Jif Peanut Butter
Jimmy Dean
Jolly Ranchers
Juicy Juice
Kashi
Keebler
Kid Cuisine
KIND
Klondike
Knorr
Kraft Macaroni & Cheese
La Choy
Lactaid Ice Cream
Lara Bar
Lean Cuisine
Lender's Bagels
Lifesavers
Lindt Candy
Log Cabin Syrup
Magnum Ice Cream
Manwich
Marie Callender's
Mazola
Mentos
Metamucil
Minute Maid
Mission
Morning Star Farms

Mrs. Fields
Mrs. Freshley's
Muselix
Muscle Milk
Nabisco
Naked Juice
Nature Valley
Nature's Own
Nutella
Nutri-Grain
Old El Paso
Oikos
Ore-Ida
Oreos
Orville Redenbacher
Otis Spunkmeyer
Ovaltine
Pam
Parkay
Peter Pan
P.F. Chang's
Philadelphia Cream
Cheese
Pillsbury
Popsicle
Progresso
Promise
Planters
Poppycock
Post
Pringles
PowerBar
Progresso
Quaker
Reddi-Wip
Ritz
Rold Gold
Ro-Tel
Russell Stover
Sabra

Simply Asia Noodles
Simply Juice
Snack Pack Pudding
Smart Ones
Smart Balance
Skippy
SlimFast
SlimJim
Sour Patch Kids
Soy DREAM
Stacy's
Stouffer's
Stove Top
Sun Chips
Swiss Miss
Tastykake
TGI Friday's Frozen Foods
Tic Tacs
Tim Tam
Toblerone
Toll House
Tombstone
Thai Kitchen
Tostitos
Trident Gum
Triscuit
Trophy Nut
Tropicana
Udi's
Unleash Ben's
Velveeta
Weight Watchers
Wheat Thins
Wholly Guacamole
Wish-Bone
Wonder Bread
Wrigley's Gum
Yoplait

What is palm oil?

Palm oil (or palmitate) is a very common ingredient in everyday food, household and beauty products, including baked goods, convenience and snack foods, candy, non-dairy products, cosmetics and soaps.

Non-sustainable palm oil production destroys rain forests and is devastating to orangutans and other wildlife.

