

Palm oil is very rich in calories and other valuable benefits. It is known that 1 gram of palm oil can supply us with 9 Kcal of energy, which is 2 ½ times more than one gram of protein (4 Kcal) or carbohydrates (4 Kcal).

We should receive energy from a variety of food groups which include fats and oils. Dieticians calculate that an average adult needs between 1,800 Kcal to 2,000 Kcal per day to maintain a healthy lifestyle, out of which up to 30% can be obtained from fats and oils, making palm oil an excellent alternative to other oils.