

> Every time I go and do my shopping for groceries, consumables or
> bathroom items, it is a real inconvenience to try and avoid products
> containing palm oil. It's also an oil high in saturated fat which I am
> keen to avoid. So in this time of convenience, I should have the
> convenience and ease to avoid buying products with palm oil and not
> trying to look for products containing "hydrated palm glycerides" or
> "elaeis guineensis". So instead of the old fashioned, generic "vegetable
> oil" label, change labelling laws to specify the specific oil used -
> particularly palm oil. And whilst I'm writing this, I'd love to see a
> traffic light system on manufactured food products so I can easily
> determine which products are high in sodium, fats and/or unnatural
> preservatives. The easier to understand the system, the better informed
> the consumer. And the better informed the consumer, the easier it is to
> make better, healthier decisions. A result all Australians will benefit
> from.