

Bart Maes, founder of Amanprana:

# Healthy oils

## 4 BASIC RULES OF HEALTHY OILS

### 1. Healthy oils are as important as vegetables and fruit

The time we considered oils only as working instruments to prepare food must remain a thing of the past. We even require more calories from healthy oils than from proteins.

### 2. The quality of oil is more important than the kind

Only use extra virgin. Refined oils are more harmful than refined sugar. You recognise refined oils because they have a neutral taste or have become odourless through refinement. So is margarine. Margarine is often called plastic butter. Never use it.

### 3. Vary oils as you vary vegetables & fruit

A carrot is not the same as lettuce. Eating only wholesome carrots is too one-sided. That principle also applies to oils. Variation, also in oils, is the message.

### 4. Some oils you can heat, others are only to be used cold

Oils with many PUFAs (Polyunsaturated Fatty Acids) are exclusively suitable for cold preparations. They become very harmful when heated. It is best that oils for heating contain as few PUFAs as possible.

## SUSTAINABLE RED PALM OIL

### Red palm oil is brimming with carotenes and vitamin E

Carrots and tomatoes are healthy because they contain carotenes. Carrots contain beta carotene. So does red palm oil. In fact, Red Palm contains ten times more carotenes than carrots. Tomatoes

contain lycopene carotenes. So does Red Palm. In fact, Red Palm contains 30 times more carotenes than tomatoes.

Moreover, Red Palm is very rich in vitamin E. Red Palm even contains seven kinds of vitamin E. Red Palm is the richest source of tocotrienols, a specific vitamin E that is up to 30 times better at preventing ageing of eyes and skin by the sun than other kinds of vitamin E. Vitamin E and carotenes are natural antioxidants that help protect body, mind and skin against ageing.

Palm production and especially oil production should be placed on a sustainable and ethical footing. Only through this path will there be a future. As a small business, Amanprana tries to operate as an example for the industry. Cutting down palm tree plantations to gather the materials for eco fuels at the expense of the rain forest is obviously an absurdity.

Amanprana Red Palm comes from Columbia (not from questionable regions). It is 100% certified organic. The supplier holds a SA 8000 certificate that proves his socially-friendly business. He strives for sustainable rain forest management (certified by Rainforest Alliance and the British Proforest). More than half of the plantations are owned by the cooperative of small independent farmers. Amanprana red palm is 100% traceable. Part of the turnover goes to regional healthcare, education and infrastructure.

Product info: [www.noble-house.tk](http://www.noble-house.tk)

Sales info: Tree of Life UK Ltd  
Tel 01782 567000

