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Letter to the editor

Is There a Serious Concern about Adulteration of Iranian Commercial Milk with Palm Oil Announced in Summer 2014?

Dear Editor

Palm oil is a supply resource in between 30-35% of the countries over the world. This edible vegetable oil is derived from the palm fruit grown mainly on the African oil palm tree. More than 80% of all palm oil is globally produced and exported from Indonesia and Malaysia. The palm oil comprises major saturated fatty acid, palmitic acid and contains negligible amounts of the hypercholesterolemic saturated fatty acids, namely lauric acid and myristic acid. There are some documents explain that it has some risks for human health. The palm oil is atherogenic and its consumption leads to raised blood cholesterol levels. Saturated fat in palm oil boosts cholesterol and triglycerides which are risk factors for heart disease.

Recently, in summer 2014, the Minister of Health and Medical Education of Iran announced the presence of oil palm in some samples of high-fat commercial milk produced in this country. Consequently, Food and Drug Organization of Iran started the sampling and analysis procedures to achieve more date about this issue. After a few weeks, although present primarily reports indicated that this adulteration was not comprehensive, but it seems that this event must be considered seriously. For this matter continuous surveillance program should be carried out by national food control agency.

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