

Malaysian experts stress need for substituting soyabean with palm oil

By Raffat Binte Rashid

What dietary fat could possibly be cholesterol free, rich in vitamin E, is readily digested, absorbed and utilised as a source of energy?

Palm oil, presently consumed world-wide as a cooking oil, is such a fat.

Palm oil is one of the sixteen edible oils possessing an FAO/WHO food standard under the Codex Alimentarius Commission Programme. Its fatty acid composition—50 per cent unsaturated and 50 per cent saturated—is unique compared to soyabean, corn, canola and other vegetable oils, as studied by many palm oil experts.

Currently a team of scientists and experts from the Malaysian Palm Oil Promotion Council while visiting Dhaka, stressed the need for substituting soyabean oil with palm oil, because of the latter's various nutritional value. In production and consumption palm oil is only second to soyabean and approximately 6.7 to 7 million tons of palm oil is being produced in Malaysia alone each year, which makes Malaysia the world's largest exporter of palm oil (currently more than 70 per cent).

"Calories are determined by the number of grams of fat, not the 'type of fat' and, therefore, 'palm oil', generally termed a 'saturated fat', actually contains the same number of calories

than any other poly-unsaturated or mono-unsaturated fat. In fact, no natural fat is 100 per cent saturated, mono-unsaturated or poly-unsaturated; it is a combination of these three qualities", said Tan Sri Datuk Dr. Augustine S H Ong, director, Scientific and Technical Services of the Malaysian Palm Oil Promotion Council.

According to Prof. J M Bourre, a French medical specialist, "without fats, life is impossible, but as with anything, the dose is the poison; only an excess is undesirable." Fatty substances, generally named lipids, are an integral part of every living cell. The function of fats fall into two distinct categories, technical and nutritional. During frying it acts as a heat transfer agent and when absorbed into the food it adds to its nutritional value. As palm oil is cholesterol free and rich in vitamin E and beta-carotene it can easily be digested, Augustine explained.

The term 'cholesterol free' is used when food contributes less than 2 milligrams of cholesterol per serving. A serving of a typical fat-rich food product would contain 15-20g of fat but for palm oil this equals about .36 mg of cholesterol. Therefore it can be considered as cholesterol free. Vitamin E and tocotrienols are natural antioxidant. They

damage the oxygen free radicals that are said to play a role in cellular ageing, atherosclerosis and cancer. The amount of cholesterol in the blood is a risk indicator for cardiovascular disease, and from studies it is well established that most unsaturated fatty acids have a cholesterol lowering effect whereas saturated fatty acids increase the plasma cholesterol content. Since palm oil consists of 50 per cent saturated and 50 per cent unsaturated fatty acids its effect on plasma cholesterol is very difficult to predict. The content of lipoprotein (a), a potent risk indicator for coronary heart disease, was significantly reduced when palm oil provided most of the dietary fat intake. A palm oil enriched diet fed to animals induced the highest level of protective HDL (high density lipoprotein) and the greatest production of liver LDL (low density lipoprotein) receptors, which are vital factors in removing the harmful LDL cholesterol. (Cholesterol travels in the bloodstream in association with various lipoprotein bodies.)", Augustine stressed, trying to differentiate palm oil from other edible oils.

In addition to all these nutritional plus points of palm oil, it requires little or no hydrogenation, and is less prone to forming polymers and gummy residues in frying, which he believed is good news to house-

wives. It is an excellent cooking oil due to stability at high frying temperature. It is a high quality oil with low free acid content. Moreover, palm oil is environmentally friendly, he added.

The oil palm is a native of West Africa and the oil obtained from it has a long history of food use, with archaeological evidence going back 5,000 years. Palm oil is obtained from the flesh surrounding the seed, simply by cooking, mashing and pressing and in this process the seeds are separated. After cracking and removing the shell, the kernel oil, which forms about 10 per cent of the total oil yield, is extracted. It is quite different in composition from palm oil and has totally different uses. Palm oil is physically and chemically different from palm kernel oil, or coconut oil. The composition of palm kernel oil is similar to coconut oil but it is more unsaturated.

It is always difficult, to reason with one's mind, one adjusts or sets its senses on something and also to make it understand that venturing new possibilities has no side effect nor is it harmful. With all the positive effects palm oil can have on one's health, it should definitely be recognised as the ingredient of today, Augustine and the members of his delegation felt.

ASEAN agrees to jointly fight oil spill in waters

BANGKOK, Nov 2: Southeast Asian oil companies, facing explosive growth in energy demand, agreed on Monday on a plan to join forces to fight their worst nightmare—a huge oil spill in their busy waters, reports Reuter.

State oil firms can now call on each other for extra manpower and equipment if they deem the spills too big to contain and combat by themselves, Sippanonda Ketudat, Chairman of the Petroleum Authority of Thailand, told a news conference.

"The ASEAN Council on Petroleum has approved the plan... now each member country can take action on this plan," he said.

ASEAN countries—Brunei, Indonesia, Malaysia, Singapore, Thailand and the Philippines—are increasingly haunted by the spectre of major oil spill in their waters, poisoning fish and other sea life and scaring off tourists.

ASEAN countries already import 50 per cent of their oil needs from the Middle East and tanker traffic is expected to get even busier in the next few years as their economies and their neighbours like China continue to boom.

A spate of accidents in the straits of Malacca off of Singapore and Malaysia in the last year has prompted many state and private oil companies in Asia to review their emergency planing and equipment needs.

Last January, a collision involving the supertanker Maersk navigator poured some eight million gallons of oil into the straits of Malacca, threatening sea life and some of Malaysia's prime tourist beaches. The strait is one of the world's busiest waterways and a strategic lifeline carrying two-thirds of Japan's oil from the Middle East.

Shipping Intelligence

CHITTAGONG PORT

Berth position and performance of vessels as on 2-11-93

Berth No	Name of Vessels	Cargo	L Port	Local Agent	Date of Arrival	Leaving
J/1	Nearchos	Mop (P)	ILYI	MSA	19/10	7/11
J/2	Andavia	Sugar	Shan	Seacom	24/10	4/11
J/3	Dolphins-1	GI	Chin	IMPL	31/10	8/11
J/4	Indian Valour	Salt	Kand	MSPL	20/10	5/11
J/5	Kamaleverett	GI	Sing	ELPA	29/10	5/11
J/6	Zara	GI	Okha	CL	26/10	2/11
J/9	Petr Starostin	Cont	Sing	CT	31/10	3/11
J/10	Rafah	M Seed	Jybo	Dynamic	18/10	4/11
J/11	Hang Wan	Urea	Mong	RSA (P)	29/10	6/11
N/12	Samudra Samrat	Fert	Kand	SSL	25/8	10/11
MPB/1	Optima	Cont	Sing	ASL	19/10	2/11
MPB/2	NGS Ranger	Cont	Sing	BDSHIP	29/10	2/11
GSJ	Banglar Doot	Wheat (G)	BSC	R/A	R/A	8/11
RM/4	Vishva Karuna	R Seed	Chin	Litmond	30/8	6/11
RM/6	Ronjay Victory	Cement	Sing	PSAL	15/10	3/11
DD	Al Salma	Repair	Yang	ASLL	28/9	4/11
DDJ/1	Banglar Asha	Repair	BSC	R/A	2/11	
RM/8	Dolores	Repair	Seacom	R/A	10/11	
RM/9	Banglar Jyoti	Repair	BSC	R/A	6/11	

VESSELS DUE AT OUTER ANCHORAGE

Name of Vessels	Date of Arrival	Last Port	Local Agent	Cargo	Loading Port
Fong Shin	4-11-93	Sing	BDSHIP	Cont	Sing
Pearl of Fujairah	3-11-93	V Part	Seacom	C Clinker	-
Plyent	4-11-93	-	RSA	-	-
Lanka Mahopala	4-11-93	Mong	Bardhi	Cont	Col
Safah	4-11-93	Sing	PSAL	Cement	-
Golden Chase	4-11-93	-	OWSL	TSP (P)	-
Banglar Shobha	5-11-93	Busan	BSC	GI	-
Sheng Yuan	5-11-93	Kela	Seacom	-	-
Loyal Bird	5-11-93	Mong	Ditmond	-	-
Eponyma	5-11-93	Sing	CTS	Cont	Sing
Banglar Robi	6-11-93	MGL	BSC	Cont	Sing
Knud Jespesen	8-11-93	-	CT	Cont	Sing
Chestnut Hill	6-11-93	-	ISL	Wheat (G)	-
Sea Tradition	7-11-93	Mong	AML	GL	W African
Contingent-1	7-11-93	-	CLA	GI	-
Saadi	7-11-93	-	SSL	GL	B Abbas
Nour	7-11-93	-	LTJ	E/L	Sudan Suez
Meng Lee	8-11-93	Cal	AML	Cont	Sing
Selaton	8-11-93	Sant	Seacom	Sugar	-
Al Tabith	8-11-93	-	BSL	ST (P/L) of C Hill	-
Amer Jyoti	10-11-93	-	USTC	Cement	-
Ingenuity	10-11-93	Col	BTSA	Cont	Col
Vishva Parag	10-11-93	-	SSL	GL	Dundee Harb
Fong Yun	11-11-93	Sing	BDSHIP	Cont	Sing
Oslo Zenith	11-11-93	-	JF	Vehicles	-
Black Whale	11-11-93	-	Prog	GI	-
Indian Glory	15-11-93	-	USTC	Cement	-

TANKER DUE

Zakharly Palishavili	2-11-93	Sung	Seacom	CDSO	(RM/4/3)
Magie Lady	2-11-93	Cory	ECSL	Lub Oil	(RM/6)
Global Metis	3-11-93	Sing	TSL	CPO	(RM)
Dan Preja	3-11-93	Sing	MSPL	HSD	(RM/5)
Chloe-2	4-11-93	Mala	SW	CPO	(RM/3)

VESSELS AT KUTUBDIA

Name of Vessels	Cargo	Last Port	Local Agent	Date of Arrival
		Call	Agent	Arrival

VESSELS AT KUTUBDIA/OUTSIDE PORT LIMIT

NIL

VESSELS AT OUTER ANCHORAGE

VESSELS READY

READY ON

Equity	CPO	Sing	Seacom	1/11

VESSELS NOT READY

Sea Nymph	4/11	Cement	Ind	USTC	30/10
Banglar Shourabh	3/11 <td>C OIL</td> <td>CLA</td> <td>BSC</td> <td>R/A</td>	C OIL	CLA	BSC	R/A
Anangel Dignity	4/11 <td>Wheat (G)</td> <td>Dunk</td> <td>LTL</td> <td>1/11</td>	Wheat (G)	Dunk	LTL	1/11
Kota Buana (Cont)	3/11	Cont	Sing	RSL	2/11

VESSELS AWAITING INSTRUCTION

NIL

MOVEMENT OF VESSELS FOR 3-11-93

Outgoing	Incoming	Shifting
J/9 Petr Starostin	MPB-1 Kota Buana	GSJ Banglar Doot To DDJ/1
	RM-4 Magie Lady	Equity To RM-3
	RM-5 Dan Preja	
	RM-6 Banglar Shourabh	

The above were the Tuesday's shipping position and performance of vessels of Chittagong Port as per berthing sheet of CPA supplied by HRC Group, Dhaka.

Exchange Rates

The following are the Sonali Bank's dealing rates to public for some selected foreign currencies effective as on Nov 2. (Figures in Taka)

Currency	TT & OD	Selling	Buying	OD Transfer
US dollar	39.9275	39.9525	39.7150	39.6000
Pound Sterling	59.1127	59.1497	58.0239	57.8556
DM	23.6738	23.6886	23.3066	23.2392
F Franc	6.7714	6.7756	6.6649	6.6456
C. Dollar	30.9642	30.6834	30.1744	30.0870
S Franc	26.7158	26.7325	26.2917	26.2156
Jap Yen	0.3742	0.3744	0.3610	0.3600
Indian Rupee (AMU)	1.2731	1.2748	1.2675	1.2580
Pak. Rupee (AMU)	1.3257	1.3273	1.3199	1.3100
Iranian Ryal	0.0246	0.0246	0.0245	0.0243

Indicative Rates	Selling	Buying
S Riyal	10.6500	10.5200
UAE Dirham	10.8600	10.7500
Kuwait Dinar	134.1100	132.2000
Singapore Dollar	25.5200	25.2100
D Guilders	22.1600	21.9000
S Kroner	0.5000	0.4900

Note: AMU—Asian Monetary Union.

Dhaka Stock Prices

At the close of trading on November 2, 1993

Gainers dominate floor

The gainers dominated the floor of the Dhaka Stock Exchange (DSE) on Tuesday while the number of issues transacted declined moderately.

A total of 42 issues traded as against Monday's 52. Among them, 26 gained, 14 traded at previous rates while only two lost. No issues experienced significant gains or losses in share prices. But the number of traded shares of Beximco Ltd totalled 7200, the leading volume of the day.

Both the turnovers rose. Value increased by 53.372 per cent and volume showed a gain of 18.075 per cent.

A total of 27142 shares changed hands at Taka 2654949.50. The DSE All Share Price Index increased to 347.6618 from 347.2790, a little gain of 0.382 point.

DAY'S TRADING AT A GLANCE

DSE Share Price Index	347.66180
Market Capitalisation Tk	17737346391.70
Turnover in Volume	27142
Turnover in Value Tk	2654949.50

Company's name	Previous Price Tk	Closing Price Tk	Change (absolute) Tk	Change (% over price)	Number of shares traded
Gains (26)					
Shares:					
National Bank	99.15	100.43	1.28	1.290	140
BOIC	181.00	181.50	0.50	0.276	200
United Insurance	193.00	195.33	2.33	1.207	150
Atlas BD	45.50	45.87	0.37	0.813	150
Aziz Pipe	234.80	242.50	7.70	3.279	10
BD Autocars	44.02	45.06	1.04	2.362	1155
BD Lamps	325.00	350.00	25.00	7.692	05
Howlader PVC	110.50	111.71	1.21	1.095	120
Quasem Drycells	10.10	10.23	0.13	1.287	1500
Singer BD	925.00	925.46	0.46	0.049	65
BTC	88.33	91.35	3.02	3.418	1111
Zeal Bangla	6.30	6.40	0.10	1.587	2950
BD Oxygen	93.00	94.36	1.36	1.462	274
Dulama Cotton	78.00	78.50	0.50	0.641	230
Shailam Textile	78.50	79.00	0.50	0.636	140
Tallu Spinning	93.87	96.59	2.72	2.897	1000
Beximco Infusion	268.00	276.76	8.76	3.268	370
Beximco Pharma	540.00	558.89	18.89	3.498	189
Pharma Ads	170.00	172.00	2.00	1.176	50
Wata Chemical	137.00	137.29	0.29	0.211	140
Apex Footwear	211.59	221.49	9.90	4.678	2720
Apex Tannery	389.38	370.00	0.62	0.167	30
Bata Shoe	59.41	60.84	1.43	2.407	2200
Beximco	22.74	24.16	1.42	6.244	7200
Cig Cement	190.46	195.00	4.54	2.383	5000
Usmania Glass	307.42	310.00	2.58	0.839	100
Losses (02)					
Shares:					
Rahim Textile	95.05	95.00	0.05	0.052	05
The Ibrassina	101.00	95.00	6.00	5.940	40

Traded at previous rates (14)					
Shares: IDLC (20), 3rd ICB M Fund (130), 4th ICB M Fund (40), 5th ICB M Fund (110), 6th ICB M Fund (100), Karim Pipe (38), Ctg Vegetable (10), Ambee Pharma (400), Kohinoor Chemical (30), Savar Refractories (50), Islam Jute (10), Padma Textile (40).					
Debentures: Beximco (7), Beximco Pharma (3).					

DSE SHARES AND DEBENTURES

Company	FV/ML (Taka)	Closing Rate (Taka)	Northern Jute	10/50	NT
BANKS (12)					
Al Baraka Bank	1000/1	900.00	Shamser Jute	100/5	100.00
A.B. Bank	100/5	172.50	Specialised Jute	10/50	NT
City Bank	100/5	253.00	Shine Pukur Jute	100/5	115.00
Eastern Bank	100/20	110.00	Sonali Anshur	100/5	125.00
IDLC Ltd	100/20	215.00			
LFIC	100/5	154.00			
Islami Bank	1000/1	1383.00			
National Bank	100/5	100.43			
Pubali Bank	100/5	100.00			
Rupali Bank	100				