

## Nutrition Nugget # 9

### Question: What are the benefits of coconut oil?



**Answer: Though cholesterol free, enjoy coconut oil in moderation since it is a saturated fat.**

#### Facts:

- Coconut oil is a cholesterol free, saturated fat, that needs to be limited to 7-10% of total calories since it increases the risk of heart disease (by



Supplement Facts	
Serving Size: 4 softgels      Servings Per Container: 30	
Amount Per Serving	% Daily Value*
Calories	36
Calories from Fat	36
Total Fat	4 g ..... 6.2
Saturated Fat	3.5 g ..... 17.5
Polyunsaturated Fat	0.3 g
Monounsaturated Fat	0.1 g
Trans Fat	0 g
Cholesterol	0 g ..... 0
Sodium	0 g ..... 0
Total Carbohydrates	0 mg ..... 0
Protein	0 mg ..... 0
Organic Extra Virgin Coconut Oil      4000mg†	
† Percent Daily Value not established	
* Percent Daily Value based on a 2000 calorie diet	
Other Ingredients: Gelatin	
Fatty Acid Profile	
C8:0 Caprylic Acid 5.9%	C16:0 Palmitic Acid 9.3%
C10:0 Capric Acid 5.7%	C18:0 Stearic Acid 4.0%
C12:0 Lauric Acid 49.0%	C18:1 Oleic Acid 5.4%
C14:0 Myristic Acid 19.6%	C18:2 Linoleic Acid 0.8%
Fatty Acid Percents may vary slightly by batch based on natural variations in Coconut Oil content of each batch.	

raising LDL levels) according to the American Heart Association and the 2010 Dietary Guidelines.

- Extra virgin coconut oil costs from \$12-18 per pint.
- Although better for you than butter or trans fats, switch from coconut oil to unsaturated fats in canola, corn, or olive oil.
- Coconut oil gives a crisp texture to foods, has a high smoke point and is shelf stable. Hydrogenated and partially hydrogenated coconut oil is found in cereals, baked goods, soaps and cosmetics.
- Some vegans prefer saturated fats from plants like coconut oil.
- Coconut oil does not cure hypothyroidism. Consult your doctor if you have increased sensitivity to cold, weight gain or fatigue.

**Apply: How do you know if a food product has coconut oil added to it?**

References: <http://www.webmd.com/diet/features/coconut-oil-and-health>; <http://www.ncbi.nlm.nih.gov/pubmed/19437058>; <http://www.mayoclinic.com/health/coconut-oil-thyroid/AN01367>; Coconut oil label <http://www.perfect-supplements.com/Coconut-label-lg.jpg>; Coconut image <http://bonniepolllockshealthblog.com/wp-content/uploads/2010/02/coconut-oil.jpg>