

FAT FACTS



Coconut Oil

Coconut oil is extracted from the fruit of mature coconuts. It is a saturated fat, and consumers are cautioned against a diet high in saturated fat. ***Virgin coconut oil is high in lauric acid, a medium-chain fatty acid that raises both good and bad cholesterol levels.*** So, this type of oil can have a place in a heart healthy diet.

How should you use it?

Coconut oil has a sweet, nutty taste, and is often used as a substitute for shortening or butter in a vegan diet. It also imparts a tropical flavor to vegetables, curry dishes and fish. ***Because it is a saturated fat, use coconut oil in moderation, and buy the kind labeled "virgin."***

Carrot Cake Recipe:

Who doesn't love a great tasting carrot cake? We had fun creating a delicious carrot cake muffin that's loaded with all-natural, nutritious ingredients. This grab-and-go muffin makes it easy to eat the right amount of food, plus it's the ultimate breakfast or snack for cancer prevention. It's loaded with whole wheat flour that contains insoluble fiber; flax seeds that are high in omega-three fatty acids which help reduce inflammation; and carrots rich in antioxidants to boost the immune system.

Ingredients

- Olive oil spray (or canola oil spray)
- 1-1/2 cups carrots, grated
- 1 cup whole wheat flour
- 1 cup all purpose flour
- ¼ cup ground flax seeds
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ cup brown sugar
- 1 tablespoon cinnamon
- ¼ teaspoon sea salt
- 1 egg
- ¾ cup calcium fortified 100% pure orange juice
- ½ cup unsweetened applesauce
- ½ cup coconut, grated

Directions

1. Preheat oven to 350°F; spray muffin pan with cooking oil spray.
2. Shred carrots and set aside.
3. Combine flour, flax, baking powder, baking soda, brown sugar, cinnamon, and sea salt in a bowl, and mix.
4. Add egg, orange juice, and applesauce to the bowl, and mix thoroughly.
5. Fold in carrots and coconut until blended.
6. Spoon mixture into muffin tins, filling until ¾ full.
7. Bake for approximately 20 minutes, or until browned.
8. Cool, and enjoy!

Source: <http://www.eatright.org/kids/recipe.aspx?id=6442462611&terms=coconut%20oil>

All About Oils by Erin Sund *The Academy of Nutrition and Dietetics 12/12*
<http://www.eatright.org/public/slideshow.aspx?id=6442471506&terms=coconut%20oil#1>