Crazy for Coconut Oil

Coconut products are flooding the market – first there was coconut water, now there's coconut oil, milk, yogurt, kefir and ice cream.  Don’t forget about shredded coconut! This decadent nut used to be considered a major nutritional no-no due to its saturated fat content, but is now being touted as a healthier fat choice.

Coconut oil is an edible oil extracted from the kernel or meat of mature coconuts harvested from the coconut palm. It has various applications in food or in cosmetics. In many tropical countries coconut oil has been a diet staple for some 4000 years.

Although coconut oil has the same calories as other oil, it may benefit to substitute coconut oil for other saturated oils and trans fats in our diet. Its unique combination of fatty acids may bring several positive effects on health. Some research shows that coconut oil may be beneficial to increase the good cholesterol in the body, which can lower the risk of heart problems. It may also have some antibacterial, antiviral and antifungal properties. It has antioxidants and can be a quick energy source.

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