Coconut Oil Cardiovascular Benefits: Myth or Reality?

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Background on Coconut Oil:

- Edible oil extracted from matured coconuts harvested from the coconut palm (Cocos nucifera).
- Primary source of fat in the diets of millions, for generations throughout the tropical world.
- Applications in food, medicine, and industry.
- Heavily promoted by Coconut oil producers for a variety of health benefits.
Coconut Oil Health Benefits

- Cures/reverses Alzheimer’s disease
- Kills Candida fungus
- Improves Type I and Type II diabetes
- Improves/heals skin diseases including acne, eczema, psoriasis, rocasea
- Provides peak performance energy
- Increases metabolism
- Helps with hypothyroidism
- Raises body temperature
- Conditions and strengthens hair
- Kills lice
- Improves dandruff
- Kills many bacteria AND viruses
- Promotes weight loss
- Preserves muscle mass
- Promotes ketosis
Why Walk Away

✓ Saturated fats should be avoided
✓ Coconut oil high in saturated fats
✓ No better than eating butter
**Saturated Fats in Common Vegetable Oils**  
*(source: Wikipedia)*

<table>
<thead>
<tr>
<th>Type</th>
<th>Saturated Fatty acids</th>
<th>Mono-unsaturated fatty acids</th>
<th>Poly-unsaturated fatty acids</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canola (rapeseed)</td>
<td>7.365</td>
<td>63.276</td>
<td>28.142</td>
</tr>
<tr>
<td>Coconut</td>
<td>91.000</td>
<td>6.000</td>
<td>3.000</td>
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<tr>
<td>Corn</td>
<td>11.948</td>
<td>27.576</td>
<td>54.677</td>
</tr>
<tr>
<td>Cottonseed</td>
<td>25.900</td>
<td>17.800</td>
<td>51.900</td>
</tr>
<tr>
<td>Flaxseed/Linseed</td>
<td>6-9</td>
<td>10-22</td>
<td>68-89</td>
</tr>
<tr>
<td>Olive</td>
<td>14.000</td>
<td>72.000</td>
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</tr>
<tr>
<td>Palm</td>
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Heavy Saturated Fat Diets = High Cholesterol Levels

- Saturated fats are found in animal fats, dairy, and tropical oils.
- Coconut oil has more saturated fat than anything else.
Heavy Saturated Fat Diets = High Cholesterol Levels

E.g.: Olive and soybean oils = ~15% percent saturated
Beef fat = ~50% saturated
Butter = ~63% saturated
Palm kernel oil = ~49% saturated
Coconut fat is 92% saturated!

✓ **Coconut oil has more saturated fat than anything else**
Heavy Saturated Fat Diets = High Cholesterol Levels

Recommendations against the consumption of large amounts of coconut oil:

- FDA
- WHO
- International College of Nutrition
- Dept. of Health & Human Services
- British National Health Service
- Dietitians of Canada
- ADA
- AHA
Heavy Saturated Fat Diets = High Cholesterol Levels

High proportion of lauric acid
- Increases HDL cholesterol &
- Increases LDL cholesterol

* Claims that Lauric acid increase good HDL & improves cholesterol ratios are not supported by recent studies
Supporters & Endorsers

✓ Who are the sponsoring organizations of scientific research asserting the benefits of coconut oil for cardiovascular health?
✓ Are the studies peer-reviewed?
✓ Are they comparing apples to oranges?
Coconut Research Center


Myth of Heart Health Benefits

- Coconut oil is new and sexy topic
- Popular press & new food fads
- Too many internet experts
- Self-interested parties promote it
In Summary

- Coconut oil DOES have some benefits:
  - Medium chain triglycerides (MCTs) are very beneficial and necessary for certain gastrointestinal conditions
  - Coconut water is tasty & beneficial
- Coconut milk & coconut oil are harmful to humans from a cardiovascular standpoint
QUESTIONS & COMMENTS?