Coconut & its benefits

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Coconut plays a unique role in the diet of mankind because it is a source of important physiologically functional components and is classified as a highly nutritious 'functional food'. It is rich in dietary fibre, vitamins and minerals. Evidence is mounting to support the concept that coconut may be beneficial in the treatment of obesity, dyslipidaemia, elevated LDL, insulin resistance and hypertension. In addition, phenolic compounds and hormones (cytokinins) found in coconut may assist in preventing the aggregation of amyloid-β peptide, potentially inhibiting a key step in the pathogenesis of Alzheimer's diseases.

Coconut has been recently proved to be a source of saturated fat that would not elevate the lipid profile in the body, except HighDensity Lipoprotein (HDL), which is good for health. Coconut is a highly valued ingredient in our daily diet for its enormous medicinal benefits. However, due to its high lipid and saturated fat content it is discouraged in the diet of patients suffering from cardiovascular ailments and hypertension.

Coconuts are highly nutritious and rich in fibre, vitamins C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorous. Unlike cow's milk, coconut milk is lactose free so can be used as a milk substitute by those with lactose intolerance.

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Coconut Milk, Water, Flesh, and Oil

Tender coconut water is the most health enhancing of the two. The water in the young coconut is one of the highest sources of electrolytes. Electrolytes are responsible for keeping the body properly hydrated so the muscles and nerves can function appropriately. Therefore it is more beneficial to drink the water from a young coconut after an intense workout rather than the commercial sports drinks.

Coconut water is also low in calories, carbohydrates, sugars and almost completely fat-free. In addition, it is high in ascorbic acid, B vitamins, and proteins. The soft meat, or flesh, inside coconut helps to restore oxidative tissue damage and contains a source of healthy fats, proteins, and various vitamins and minerals.

Although coconut oil is a saturated fat it is unlike the high calorie, cholesterol-soaked, long chain saturated fats. It is rich in medium-chain fatty acid which can help boost metabolism and aid in fat loss. It is metabolized quickly and instead of fat sticking to your belly, it gets burned off as energy. It also helps detoxify the human body and balances digestive tract.

Coconut oil is one of the most stable oils while cooking in high heat, and does not form harmful by-

Top 10 Health Benefits of Coconuts

- → Supports immune system health: it is anti-viral, anti-bacterial, anti-fungal, and anti-parasite
- → Provides a natural source of quick energy and enhances physical and athletic performance
- → Improves digestion and absorption of nutrients, vitamins, and minerals
- → Improves insulin secretion and symptoms associated with diabetes
- → Helps protect the body from cancers due to insulin reduction, removal of free radicals that cause premature aging and degenerative disease
- → Reduces risk of heart health and improves good cholesterol (HDL)
- → Restores and supports thyroid function
- → Helps protect against kidney disease and bladder infection
- → Promotes weight loss
- → Helps keep hair and skin healthy and youthful, prevents wrinkles, sagging skin, age spots and provides sun protection

products when heated to normal cooking temperature like other vegetable oils. In addition, it can be used as a spread for baking and for making delicious raw, vegan desserts.

To date, there are over 1,500 studies proving coconut oil to be one of the healthiest foods on the planet. Coconut oil benefits and uses go beyond what most people realize. Research has finally uncovered the secrets of this amazing fruit; namely healthy fats called medium-chain fatty acids (MCFAs), these unique fats include, Caprylic acid, Lauric acid and Capric acid. Around 62% of the oils in coconut are made up of these 3 healthy fatty acids and 91% of the fat in coconut oil is healthy saturated fat.

Most of the fats that we consume take longer time to digest, but MCFAs found in coconut oil provide the perfect source of energy because they only have to go through a 3 step process to be turned into fuel vs. other fats which go through a 26 step process!

Unlike long-chain fatty acids (LCFAs) found in plant based oils, MCFAs are easier to digest,not readily stored as fat, anti-microbial and anti-fungal, smaller in size, allowing easier cell permeability for immediate energy and is processed by the liver, which means that it can immediately be converted to energy instead of being stored as fat.

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