

The American Heart Association in its recent Presidential Advisory on dietary fats and CVD reviews and discusses the scientific evidence, including the most recent studies, on the effects of dietary saturated fat intake and its replacement by other types of fats and carbohydrates on CVD. The AHA in its Presidential Advisory concluded strongly that lowering intake of saturated fat and replacing it with unsaturated fats, especially polyunsaturated fats, will lower the incidence of CVD. In response to the report, various media reports that coconut oil is on par or as unhealthy as beef and butter. The Asian and Pacific Coconut Community (APCC) issued a rejoinder against this report and points out that coconut oil is healthy for human consumption.

**Rejoinder issued by
Executive Director, APCC***

APCC finds this AHA report totally false and misleading whilst allegedly to be representing the commercial vested interest of its sponsors who are telling the same old story that Saturated Fats contribute to high cholesterol levels which is a misleading information. The myths by the same people have since been 'busted' therefore there is no longer basis to continue such falsified misleading statements.

In simple language, as in the words of Dr. Bruce Fife, a USA Certified Nutritionist and Doctor

Dietary Fats & Cardiovascular Disease



of Naturopathy Medicine, "You cannot say LDL is bad and HDL is good. It is more complex than that. There are actually two types of LDL: one small and dense the other large and soft. The large LDL is a good cholesterol the type used to make bile, hormones, and vitamin D—it is essential to life! The small dense LDL is the type that becomes oxidized and can be harmful, as all oxidized lipids can be. Eating coconut oil (and other saturated fats) increases both HDL and the "good" LDL, thus lowering the risk of heart disease. This is one of the reasons why populations that eat a lot of coconut oil have the lowest heart disease rates in the world."

As a result of reputable research work concluded and other ongoing studies by credible and eminent nutritionists and clinical scientists world over, the coconut industry is making the best ever comeback that is termed as the 'coconut revolution' and product wise the 'coconut craze' in many countries and consumer destinations.

Higher value products are experiencing unprecedented growth in volume of export and value especially in the last 5-7 years. This magnitude of growth would obviously be taking market share away from some of competitor vegetable oils products. APCC is convinced that this good news for the coconut growers is causing old stories to reappear from its critics with its bad science.

The traditional consumer of coconut will not be deterred whilst the recently introduced consumers would by now be convinced of the true nutritional and health benefits of coconut to also not be deterred.

APCC reassures the consumer of healthy coconut products such as Coconut Oil, Virgin Coconut Oil, Coconut Water, Coconut Sugar, and many more that these products are safe and healthy for human consumption.

The Coconut Community condemns the highly unethical and unprofessional attempt by the American Heart Association to discredit and damage the coconut industry. On behalf of 18 member countries of APCC the Secretariat calls on AHA to immediately cease any further false and misleading claims.

* *The Asian and Pacific Coconut Community (APCC) is an intergovernmental organization*

established in 1969 under the auspices of the UNESCAP (United Nations Economic and Social Commission for Asia and the Pacific) with current membership of 18 countries and growing. It is charged with the responsibility over the welfare of coconut farmers who in most countries are 90% small holder family units numbering up to 30 million households dependent on the coconut sector.



Uron N Salum

The Warning on Saturated Fat

From Defective Experiments to Defective Guidelines**

Coconut oil has been adversely affected by the current dietary guidelines that advocate a lowering of total fat and the replacement of saturated fat with polyunsaturated fat. This recommendation has its origins in the saturated fat-cholesterol-heart disease hypothesis that Ancel Keys first proposed in 1957. This hypothesis became an official recommendation with the publication of the Dietary Guidelines for Americans in 1980 and has been adopted by many other countries and international agencies. The dietary recommendations also warn against coconut oil. Recently, the American Heart Association re-issued this warning in its 2017 Presidential Advisory. However, a critical review of the experiments that Keys conducted has revealed experimental errors and biases that cast serious doubt on the correctness of his hypothesis and the warnings against coconut oil. Further, the recommendation to decrease saturated fat recommendation effectively means an increase in unsaturated fat in the diet. The actual result has been an increase in omega-6 fats and a high omega-6 to omega-3 fat ratio. This unhealthy ratio has been linked to heart disease, the very disease that the AHA wants to target, as well as cancer and inflammatory diseases. Defective experiments have led to defective guidelines.

***APCC Rebuttal Document against AHA Warning on Saturated Fat Intake. Dr. Fabian M. Dayrit Professor, Ateneo de Manila University, Philippines Chairman, Scientific Advisory Committee for Health, Asian and Pacific Coconut Community (Source: www.apccsec.org)*