



Use coconut oil moderately

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It is impossible for us to think of preparing food without oil. The type of oil we use differs from place to place. Coconut oil is the most preferred oil for Keralities. Due to the wide spread occurrence of life style diseases like diabetes, coronary artery diseases and cholesterol, people are confused about using coconut oil. But the judicious use of coconut oil in moderate quantity is not in any way harmful to health. Moreover coconut oil contains many nutrients that are beneficial for good health.

Saturated fat

Coconut oil contains saturated fatty acids. One table spoon of coconut oil contains 12gm saturated fats, 0.8% mono unsaturated fats and 0.2gm poly unsaturated fats. The medium chain fatty acid content is the greatest advantage of coconut oil. Medium chain fatty acids are metabolized rapidly by the body for energy requirements. Medium chain fatty acids are more available for oxidation and they provide a rapid source of energy and are not deposited as fat in the body.

Saturated fat increases the cholesterol level. This is the greatest limitation of using coconut oil. These issues can be managed to a certain extent through the judicious and moderate usage of coconut oil. It is ideal for a person to limit the usage of coconut oil not above 15 gm per day.

Presence of lauric acid

Lauric acid which is rarely found in food products is present in coconut oil. Lauric acid on reaching the body converts into mono laurin. Mono laurin can effectively act against bacteria, virus or protozoa

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attack. The capric and caprylic acid present in coconut oil also got similar qualities

Diabetes and coconut oil usage

Usage of coconut oil in moderate quantity is having many advantages in diabetic patients. The medium chain fatty acids in coconut oil help to reduce body weight, which in turn boosts the functioning of insulin. Anti oxidants present in coconut oil like vitamin A and E is beneficial in protecting from nephropathy, retinopathy, neuropathy etc.

The saturated fatty acids present in coconut oil leads to rise in blood cholesterol. Hence it is wise to avoid food items fried in coconut oil. Coconut oil is a natural saturated fat and is not harmful like trans fats that are saturated through hydrogenation. In fact trans fats are the real villain in increasing the cholesterol level and also causes heart diseases. ■