

Health Tip of the Month

Crazy for Coconut Oil?

Coconut oil is a popular new ingredient in all kinds of recipes. From magazines to cooking channels, stories about possible health benefits are everywhere!

Did you know there is very little scientific evidence that coconut oil is good for your health?

In fact, coconut oil is a saturated fat. USDA Dietary Guidelines recommend diets low in fat, especially saturated fat.

Replacing saturated fats, such as butter, with unsaturated fats such as oil, can lower your risk of cardiovascular (heart) disease.



Coconut oil is a delicious addition to your recipes, but be careful not to add too much.

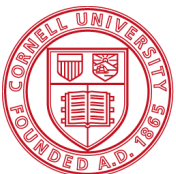
How to cook with Coconut Oil

If you like the coconut flavor, try a mix of coconut oil and vegetable oil for a healthier combination. It will decrease the total saturated fat when you are cooking.



It's less expensive too!

- Use coconut milk instead of coconut oil when making sauces.
- Add $\frac{1}{4}$ cup of fresh coconut to your recipes instead of coconut oil .
- Try baking or sautéing vegetables with just a little coconut oil instead of deep frying.



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Worksite Wellness Initiative: by Haley Stein, Dietetic Intern
Long Island University, CW Post 62: 12/15
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