



## Coconut oil: You can go nuts for this stuff.

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Coconut oil is a rockstar food. Why's that?

- It tastes good
- it's contains a hefty load of healthy fats. This fat-filled food item is full of saturated fat (no saturated fats aren't bad), monounsaturated fats, and polyunsaturated fats
- It is resistant to oxidation (due to the types of fat in the coconut) and has a greater shelf life
- Is more stable than other plant oils (again due to the types of fat in the coconut)

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What do all the different labels mean?

**Organic:** The coconuts from which the oil is obtained were grown without the use of pesticides, insecticides, etc. That's about it.

**Virgin:** The term virgin essentially means that the coconut oil gathered from unheated raw coconut meat.

**Extra Virgin:** It is pretty important to note that there aren't actually any type of standards to differentiate virgin from extra virgin. "Extra virgin" in the world of coconut oil is just a marketing label to appeal to consumers.

**Refined:** This type of coconut oil is typically treated with various chemicals, bleaches, and deodorizers. Mmmmmm sounds good eh? The really low quality refined oil can even be hydrogenated to increase the shelf life. On top of all this good news, the oil may not have much of a coconut-y smell/ taste.

**Unrefined:** NOT treated with all the junk that the refined oil can/ may be. Most virgin/ extra virgin coconut oils are unrefined. These oils tend to have a strong coconut-y flavor.

**Expeller pressed:** The coconut oil is obtained from a physical pressing of the meat from the coconut and not via chemicals.

**Centrifuged-** The meat from the coconut is liquified and spun in a centrifuge to fractionate the oil away from the water. This process exposes the oil to less heat during processing.

So the best oil to buy? I'd say the winner is **virgin unrefined coconut oil**.