

Coconut Oil (Lauric Acid) - Weight Loss and Anti-Inflammation Nutritional Benefits of MCT, Medium Chain Triglycerides

Coconut Oil contains a special kind of saturated fat that is healthy to eat, called lauric acid. Lauric Acid is a medium-chain triglyceride, with 12 carbon atoms (also called dodecanoic acid). These shorter-length acid molecules, unlike many saturated fats, actually SPEED UP WEIGHT LOSS. They help reduce the risk for heart disease, high blood pressure, and many other health problems. Replacing other fats in your diet with a small daily amount of coconut oil is part of our Food Guide Football eating plan.

Coconut Oil consists of medium chain fatty acids MCFA, such as lauric acid. These fats contain only about 8, 10 or 12 carbon atoms, instead of the 18 or 20 contained in other vegetable oils such as corn oil, safflower oil, peanut oil, cottonseed oil, etc. As a result of the shorter molecule length, the body does not need to use a relatively scarce CPT enzyme as it does for the longer 18-20 carbon oils. Medium chain triglycerides from coconut oil are digested rapidly in the liver, instead of circulating in the body and being stored as fat tissue deposits.

For cooking, coconut oil has a higher smoke point than does butter. It is also less sensitive to spoiling or becoming rancid, although it should still be handled with care.

How Much Coconut Oil Should You Eat Per Day?

Studies support replacing other fats in your diet with coconut oil, up to 2 or 3 tablespoons per day. It is important not to add more oil into your diet, if possible. Instead, simply replace "long-chain triglyceride" poly-unsaturated vegetable oils like corn, safflower, cottonseed, sunflower and soybean oils with coconut oil. You may continue to use extra virgin olive oils as usual -- trade coconut oil for the other oils in your diet. If you have already removed the other oils and you're using nothing but olive oil now, simply add a total of two or three tablespoons of coconut oil to your drinks, vegetables, salad dressings, and so on each day. Be creative... it's healthy!

Which Kind Of Coconut Oil Is Best?

Avoid Hydrogenated or partially-hydrogenated coconut oil that is often used in non-dairy creamers, and snack foods. Buy only "virgin coconut oil" -- a natural, organic and purified coconut oil that has never been "hydrogenated", heated or exposed to long storage and other processing. Buy the freshest oil you can find. Be picky. Lauric acid and other medium-chain fatty acids can spoil and become horrible tasting; even becoming unhealthy if things go far enough. Never store your coconut oil for more than 2 months. Refrigerate after opening. Store it only in tightly sealed screw-on or snap-on lids. Glass bottles are preferred to plastic or metal containers.

Coconut Oil Health Benefits

Over the last 40 years, scientific peer reviewed studies have shown these benefits to coconut oil medium chain fatty acids: [\(1,2,3,4,5...\)](#)

- Fights many bacterial infections, including H. Pylori (the cause of most ulcers) ⁽⁴³⁾
- Fights many viral infections, including Vesicular Stomatitis Virus (VSV) ⁽⁴⁴⁾
- Increases daily energy expenditure ⁽²²⁾
- Increases dietary taste and "mouth feel" appeal
- Makes reduced portion size meals appetizing
- Reduces overall food intake by extending post-meal satiation period ⁽³⁷⁾
- Improves overall glucose metabolism ^(27-34, 40)
- Improves NIDDM (type 2 diabetes) glycemic metabolism, by increasing insulin sensitivity and insulin controlled glucose disposal ⁽⁴⁰⁾
- Normalizes weight gain, compared to corn oil ⁽⁴²⁾
- Leads to reduced blood pressure
- Reduces the number of fat cells, and amount of fats stored ⁽³⁶⁾
- Obesity is caused by eating too much long-chain fatty acids (vegetable oil); medium-chain fatty acids (as in coconut oil) reverse this condition, reducing obesity ⁽³⁸⁾
- Speeds up metabolism after meals ⁽⁴¹⁾
- Improves athletic endurance exercise performance ⁽³⁹⁾
- Reduces liver's production of LDL "bad" cholesterol
- Has no effect on production of HDL "good" cholesterol
- Reduces circulating triglycerides and free fatty acids FFAs
- Reduces intra-cellular lipids in muscle tissue, reducing insulin resistance ⁽³⁵⁾
- Accelerates or catalyzes burning and oxidation of other oils by the liver
- Absorbed from intestines directly into liver by portal vein
- Does not circulate in blood like other vegetable oils
- Rapidly oxidized or burned by the liver -- as fast as pure glucose
- Does not require rate-limiting enzyme CPT (carnitine palmitoyltransferase) for metabolism, as would long-chain fatty acids found in vegetable oils
- Results in steady weight loss for obese individuals, and weight maintenance for healthy people

There are 4 pages of references included with this, which I have not included. If interested, let me know and I'll provide them to you – Becky

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