

## **Coconut Oil (Fats and Oils)**

**Interesting facts:** It consists primarily of saturated fats called Medium Chain Triglycerides (MCTs): Nearly 90% of the fatty acids in coconut oil are saturated fats. If you suffer from poor digestion or tummy bloating, try adding coconut oil to your diet. Coconut oil has been found to benefit digestive disorders including irritable bowel syndrome and microbial related tummy bugs. Fatty acids in coconut oil contain anti microbial properties, which have a soothing affect on bacteria, candida, or parasites that cause poor digestion.

**How to select:** Purchase organic, virgin, and unrefined.

**How to store:** Does not need to be refrigerated but keep cool.

**How to use:** Use for medium to high temperature sautéing and cooking. May replace butter or oil in most recipes. Coconut oil is also used for body care.