

## Cookoo for Coconut Oil: Should You Stay Away?

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The American Heart Association has recently released [an article](#) advising against the use of coconut oil. The Dietary Fats and Cardiovascular Disease Advisory conducted research on saturated fats, and, in seven out of seven trials that were conducted, researchers found that coconut oil increases LDL cholesterol which is "bad cholesterol" and can also lead to cardiovascular disease.

However, there is always two sides to every story and local certified nutritionist, [Judy Nicassio](#), of Rejuvena Health & Aesthetics disagrees with this article.

"Saturated fat isn't a bad thing," Nicassio says. Nicassio, who has been a nutritionist for 22 years, says that coconut oil is a healthy saturated fat that has many benefits. And although coconut oil may be 82 percent saturated fat, it is a far more healthier choice than vegetable oil.

Nicassio explains that vegetable oils can be pro-inflammatory because the oil has a high concentration of omega-6 which are fatty acids. When vegetable oil is heated it oxidizes, this means that molecular structure of the oil changes in a negative way and when ingested it can be a contributing factor to heart disease.

"We need saturated fats," Nicassio says.

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As mentioned before, coconut oil can be a healthy saturated fat with many benefits:

- Promotes healthy weight
- Promotes faster weight loss by helping to burn fat for fuel instead of carbohydrates
- Balances hormones
- Anti-viral, anti-fungal, anti-bacterial
- Helps absorb nutrients
- Promotes brain health
- Promotes oral health by reducing plaque
- Easy to digest

So as long as you're consuming it in gallons, coconut oil may not only be good for your hair and skin, but may also be good for your health.

In case you're looking for an alternative oil to cook with, Nicassio recommends avocado oil because, unlike vegetable oil and canola oil, it can withstand higher heating temperatures. If you're seeking an oil to use as a dressing and not to cook with, there is olive oil.

If you have any questions about what foods or oils promote good health, you should always contact a certified nutritionist.