

The Truth About Coconut Oil

The saturated fat in coconut oil is different from the saturated fat in other oils. The difference is in the fat molecule. Fatty acids are classified in two ways:

- 1) **Level of saturation**
- 2) **Molecular size**

Coconut oil is “good” due to its molecular size. Fatty acids consist of long chains of carbon atoms: short, medium and small chains.

The size of the fatty acid is important because our bodies metabolize each acid differently, depending on its size. Ninety-eight of all fatty acids we consume are long-chain.

Coconut oil is composed predominately of medium-chain fatty acid (MCFA), AKA medium-chain triglycerides.

MCFAs DO help protect against heart disease
 DO help lower risk of atherosclerosis and heart disease
 DO NOT have a negative effect on cholesterol

In addition to confirmed medical health benefits, coconut oil is great for popping corn because:

- ❖ Smells GREAT when heated during popping
- ❖ High burn point keeps kettle clean and prevents build-up
- ❖ Naturally high melt point eliminates “waxy” feel when eating popped corn
- ❖ Keeps popcorn crispy
- ❖ Provides for a long shelf life

If you should have any other questions about the health benefits of coconut oil, please feel free to ask any of your Valley Popcorn Co. Service Providers. It’s our goal to provide you with the most up to date information about the products we provide to the marketplace.