



COCONUT OIL: SUPER FOOD OR SUPER FAD
Additional Resources

Boateng, L., Ansong, R., Owusu, W. B., & Steiner-Asiedu, M. (2016). Coconut oil and palm oil's role in nutrition, health and national development: A review. *Ghana Medical Journal*, 50(3), 189–196. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5044790/>

“This paper therefore attempts to review the roles which coconut and palm oils play in these respects in developing countries, as a means of advocating for a return to their use in local diets.”

Eyres, L., Eyres, M. F., Chisholm, A., & Brown, R. C. (2016). Coconut oil consumption and cardiovascular risk factors in humans. *Nutrition Reviews*, 74(4), 267–280. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4892314/>

Twenty-one research papers were identified for inclusion in the review: 8 clinical trials and 13 observational studies to assess the merits of coconut oil as healthy oil.

Fernando, W.M.A.D.B., Martins, I.J., Goozee, K. G., Brennan, C. S., The role of dietary coconut for the prevention and treatment of Alzheimer's disease: potential mechanisms of action. *Br J Nutr* 2015; 114:1-14 <https://goo.gl/FBXaHj>

Kadey, Matthew. “The Truth About Coconut Oil” <https://www.webmd.com/diet/features/coconut-oil-and-health#1> 20 September 2018

Mumme, K., Stonehouse, W. Effects of Medium-Chain Triglycerides on Weight Loss and Body Composition: A Meta-Analysis of Randomized Controlled Trials. *J Acad Nutr Diet*. 2015;115:249-263 <https://www.sciencedirect.com/science/article/pii/S2212267214015913?via%3Dihub>

Nettleton J, A, Brouwer I, A, Geleijnse J, M, Hornstra G: Saturated Fat Consumption and Risk of Coronary Heart Disease and Ischemic Stroke: A Science Update. *Ann Nutr Metab* 2017; 70:26-33

Thalheimer, Judith, C.” Coconut Oil” *Today's Dietitian*. Vol. 18, No. 10, P. 32 <https://www.todaysdietitian.com/newarchives/1016p32.shtml>

What's behind its "health halo," and does the latest science back it up?

Ware, Megan. “What to know about coconut oil”. <https://www.medicalnewstoday.com/articles/282857.php>