Cancer-causing or harmless? Coconut oil and its risks

Introduction

The aim of this report is to present the real facts and give overall information about coconut oil and its possible alternatives. It will also consider the question if coconut oil really causes cancer or if this is just a myth.

Facts

Today, coconut oil is found in many foods, such as margarine and other sweets. It can also be used as fat for cooking. To obtain coconut oil, the flesh of the coconut is crushed and dried. The result is laid into squeezers, whereby the oil comes out of the dried fruit flesh.

Most of the coconut oil is shipped from India to Europe. India has its own “land of coconut trees”, as the local people call the 590 kilometres long coast at the Indian Ocean. Also, Sri Lanka, Thailand and the Philippines are important exporters of coconut oil.

Rrisks

But what effects does coconut oil have on human health? Karin Michels, an epidemiologist at the Harvard TH Chan school of public health called the substance “one of the worst things you can eat “. She also described the oil as “pure poison”. The reasons for her warnings are the high proportion of saturated fats in coconut oil, which is known to raise the risk of cardiovascular disease.

Also, other organisations have issued similar warnings. The British Nutrition Foundation said that coconut oil can be included in a diet, but as is it is high in saturated fats should only be included in small amounts and as a part of a healthy balanced diet. They also said: „There is to date no strong scientific evidence to support health benefits from eating coconut oil.” (add the source – weblink)

Plantations will typically be monocultures that present an enormous environmental problem: Not only are the habitats of many endangered species destroyed to make way for palm plantations, the soil will after a couple of years not be usable for further farming.

Alternatives

If you care about your and the planet`s health, you should avoid coconut oil and use alternatives. Some alternatives for cooking with the coconut oil are animal fats, butter or other healthy plant fats like olive oil or nut oil. Instead of coconut flour for baking, you can use hazelnut- or other nut flours.

Conclusion

Everyone has to decide for themselves what to eat and what not to eat. However, it would be advisable to do without coconut oil in order to stay healthy for as long as possible.

Sources

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