COCONUT OIL: SUPER FOOD OR SUPER FAD

Additional Resources


“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.”


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 health oil.


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]