

Essay on coconut oil

Nutrition



Shane Young-Lopez History 3/17/11 Essay Coconut oil has caused a lot of havoc back in the 1990's. It is extracted from the kernel or meat of matured coconut harvested from the coconut palm. This oil contains saturated fatty acids and little unsaturated fatty acids. The oil's bad reputation caused panic, bad health diets, and caused illnesses. In 1994 the Center for Science in the Public Interest put out a study claiming that a large movie-theater popcorn, hold the butter, delivered as much saturated fats as six Big Macs from McDonalds. Just imagine how much saturated fats a normal popcorn would hold without holding the butter. " Theater popcorn ought to be the Snow White of snack foods, but it's been turned into Godzilla by being popped in highly saturated coconut oil, " Michael Jacobson, the executive director of the center, a consumer group that focuses on food and nutrition, said at the time. Then scientists decided to make it lighter and try to make it healthier which is exactly what they did. Customers who were buying foods didn't even notice that it contained coconut oil. Then wondering why they have gained weight. Normal coconut oil was still in foods and people weren't paying attention to the food labels. If you were a vegan then you were fine because coconut oil provides all the nutrients a vegan needs in a replacement of meat. But unfortunately those who weren't vegans were putting on a couple of pounds because of the combination of coconut oil and meats. Now we use different and healthier oils like vegetable oils and olive oil. Coconut oils also caused illnesses to some users of the product. This oil was called the devil in liquid form. Just for the reason that it caused artery clogging, cholesterol-raising, and heart-attack-causing. Even though it s very high in vitamins and minerals it can still be deadly to those who have high cholesterol or a bad heart. This is why the scientists made the coconut oil

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thinner and still healthy but less fattening. In, conclusion coconut oil is a healthy treat but if you abuse it, it can be extremely unhealthy. Just know to get the light version of the oil and only have the original once in a while. The oil caused panic in the 90's, bad health risks, and sicknesses around the world.