



Coconut Oil: What Researchers Have Found.

椰子油： 研究员 怎么说？

Not too long ago you may have come across several mainstream media articles with headlines like these:

- “Coconut Oil Isn’t Healthy. It’s Never Been Healthy” — USA Today
- “Nutrition Experts Warn Coconut Oil Is On Par With Beef Fat, Butter” — Chicago Tribune
- “This Popular Health Food Is Worse For You Than Pork Lard” — Daily Star

It turns out that the above articles were a response to the American Heart Association’s (AHA) June 2017 report on saturated fats. Many people were alarmed by these mainstream media articles, but the AHA’s actual guidelines do not state to avoid saturated fats altogether. AHA recommends that daily saturate fat intake should be about 6% of your daily caloric consumption, which is about 2 tablespoons of coconut oil. The mainstream media has sensationalized their publications and distorted the facts from what was actually reported in the AHA’s guidelines.

In fact, numerous studies* show that saturated fats like those found in coconut oil are indeed good for you.

A recent study by the University of Cambridge in England found that coconut oil can lower the risk of heart disease and stroke when consumed every day for a month.

In the study, researchers followed 94 volunteers between the ages of 50 and 75. None of them had a history of heart disease.

After four weeks of eating three tablespoons of coconut oil a day, participants had a 15% rise in healthy HDL levels, leading the scientists to report that this superfood can lower your risk of developing heart disease or stroke.¹

Another study which looked at diabetes risk found that the medium-chain triglycerides (MCTs) in coconut oil significantly improve blood sugar levels and reduce insulin resistance.² Lowering your risk of diabetes greatly improves your chance of avoiding a heart attack.

Further studies have shown that coconut oil:

- Boosts brain function in people with Alzheimer’s disease³
- Reduces inflammation and arthritis⁴
- Prevents osteoporosis⁵
- Protects the liver⁶
- Improves body composition and weight in women⁷

不久前，您可能看过一些主流媒体所报导的文章，标题如：

- 今日美国 —— 《椰子油不健康，其实它从不曾健康》；
- 芝加哥论坛报 —— 《营养专家警告椰子油与牛肉脂肪和牛油不相上下》；
- 每日星报 —— 《这大众化的健康食物其实比猪油还可怕》。

原来这些报导都是对美国心脏协会在2017年6月对饱和脂肪的报导所在作出的反应。很多人会被这些主流媒体的报导所影响。但实际上，美国心脏协会所发表的指南没有提议完全避免饱和脂肪。美国心脏协会推荐的是每日饱和脂肪的摄入量应该大概是每日卡路里总摄入量的6%。这份量大概是2汤匙的椰子油。不幸的是，主流媒体的炒作新闻，歪曲了美国心脏协会所发表的指南建议。

事实上，无数的研究证实椰子油所含有的饱和脂肪对人体健康有益。

英国剑桥大学近期所发表的一项研究报告指出，每日摄取椰子油一个月就能降低心血管疾病和中风的风险。

在这项研究中，研究人员观察94位年龄相介于50岁至75岁的志愿人士。他们全部都没有心血管病的病史。

在每天摄取3汤匙椰子油的四星期后，这些实验志愿人士的高密度脂蛋白胆固醇提高了15%，这因此促使科学家们结论这超级食品能减低心血管疾病和中风的风险。¹

另一项针对糖尿病风险所作出的研究发现椰子油所含的中链脂肪酸能显著地改善血糖水平和降低胰岛素抗性。² 减低糖尿病风险会直接减低心脏发作的风险。

其他的研究显示椰子油有助：

- 改善阿哈兹海默患者的大脑功能³；
- 减少炎症和关节炎⁴；
- 预防骨质疏松症⁵；
- 保护肝脏⁶；
- 改善女性的体脂分布和体重⁷。

3 Ways to Get More Coconut Oil in Your Foods

从每日食物中增加椰子油成份

1 Cook with it. Coconut oil has a high smoke point. This means that it does not degrade at high temperatures. It is especially great for frying and baking.

烹饪: 椰子油具较高的“发烟点”。因此不容易因高温而被破坏，很适宜用来炒煮烘焙。



2 Make a smoothie.

Scoop a healthy serving of coconut oil into the blender. Mix in your favourite fresh fruits. Maybe even add some protein powder. Add yogurt and a little ice. Blend it all and enjoy a tasty, heart-healthy smoothie.

做冰沙: 在搅拌机里加入酸乳酪、椰子油、喜爱的新鲜水果、冰块甚至一些蛋白粉一起搅拌，即可享用一杯美味可口、有益心脏的健康冰沙。



3 Make a spread. Check out the recipe below. This is a mouth-watering and wonderfully nutritious spread for your crackers or bread. You can add this mixture to your coffee as well.

Ingredients

1 tsp cinnamon
3/4 cup of NewLife™ Extra Virgin Coconut Oil
1/2 cup of NewLife™ Pure Raw Honey

Instructions

Mix all ingredients together until smooth. Store it in a covered container.

涂抹酱: 可做营养丰富的涂抹酱。不管是涂抹在面包上、饼干上都令人垂涎三尺。甚至可加入您的咖啡里。

材料:

一茶匙肉桂粉
3/4杯新生命特级初榨纯椰子油
1/2杯的新生命纯天然生蜂蜜

做法:

将所有材料一起搅拌均匀，储存在有盖的容器。

Resources 资源:

1. <https://bmjopen.bmj.com/content/8/3/e020167>
2. <https://www.ncbi.nlm.nih.gov/pubmed/17570262>
3. <https://www.ncbi.nlm.nih.gov/pubmed/30056419>
4. <https://www.ncbi.nlm.nih.gov/pubmed/24613207>
5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3457741/>
6. <https://www.ncbi.nlm.nih.gov/pubmed/24285126>
7. <https://www.ncbi.nlm.nih.gov/pubmed/30037019>

