



Coconut Oil



Coconut is mainly produced on coastal and island subtropical Asia and Oceania (CIRAD, 2016). The main producing countries are **The Philippines, Indonesia, India, Vietnam**. The cultivation of coconut in the world amounted to **60,773,435 tons** in 2017 (FAO, 2017).



Its **kernel** is dried in the coconut producing countries, using various techniques, and takes the name of **coprah** from that stage.

The **oil from coprah** is then extracted. Crude coconut oil is shipped to Europe and other regions where it is refined.



Nutritional composition

| | Per 100 g | Portion (% RI*) |
|---------------------|-------------------|-----------------------------|
| Energy | 3700 kJ/ 900 kcal | 370kJ(4.4%)/ 90 kcal (4.5%) |
| Fat of which | 100 g | 10 g (14.3%) |
| • saturates, | 91 g | 9.1 g (46%) |
| • mono-unsaturates, | 7 g | - |
| • polyunsaturates, | 1.4 g | - |
| Carbohydrate | 0 g | 0 g (0 %) |
| Sugars | 0 g | 0 g (0%) |
| Protein | 0 g | 0 g (0%) |
| Salt | 0 g | 0 g (0%) |
| Vitamin E | 0.11 mg | 0.01 mg (0.1%) |

Variability in the nutritional composition can occur due to geographical variability (soil, weather, varieties etc.)

*Reference Intake values as defined in Regulation (EU) No 1169/2011 on food information to consumers.



Nutritional characteristics

At this stage, there is no scientific evidence demonstrating that coconut oil would have specific health characteristics over other vegetable oils and fats.

In food applications, coconut oil can also be sometimes used in a “blend” with other vegetable oils that are rich in polyunsaturated fatty acids (PUFA).

Such a blend would retain the functional attributes of the coconut oil but have an improved nutritional profile due to the higher PUFA content.



Recommended uses

- Coconut oil is used **alone or in combination** with other oils for **many food and non-food purposes**.
- Coconut oil is solid at room temperature and has **high resistance to oxidation** due to its high saturated fatty acids (SAFA) content. Coconut oil brings a **distinct mouthfeel** due to quick melting.
- It **can be used as a cooking oil** in some EU countries or outside the EU, and is **also used in the manufacture of many food products** such as biscuits and pastries, ice creams, confectionery items. It is also used in baby food products and infant formula.
- Coconut oil has relatively **similar fatty acid composition to dairy butter**, and is hence used as an ingredient to replace it.

