

Mayo Clinic Minute

Why coconut oil is bad for your heart

Video	Audio
Vivien Williams	Is coconut oil healthy?
Stephen Kopecky, M.D.	“Good for your skin – not good in your body.”
Vivien Williams	Cardiologist Dr. Stephen Kopecky says coconut oil is not good for your heart health because it raises bad cholesterol.
Stephen Kopecky, M.D. Cardiology Mayo Clinic	“Forty years ago, a study was done looking at butter, lard, beef suet or coconut oil. Which one raised your bad cholesterol the most? And guess what? It was the coconut oil.”
Vivien Williams	How can a plant be worse for you than animal fat?
Stephen Kopecky, M.D.	“We know that the coconut oil is a very saturated fat. Even though it does grow from the ground, and nothing that grows from the ground has cholesterol in it. It is a saturated fat that turns into cholesterol.”
Vivien Williams	Dr. Kopecky says coconut water is OK, and are so are occasional coconut flakes on salads or treats. But avoid coconut oil.
Stephen Kopecky, M.D.	“Don’t eat it. It really does raise your bad cholesterol.”
	For the Mayo Clinic News Network, I’m Vivien Williams.