

Mayo Clinic Minute

Coconut oil: Perfect, poison or somewhere in between?

Video	Audio
	Coconut oil.
	If you search for information about it online, you'll see it's one of the best things you can put in your body.
	Or one of the worst.
00:02:12 Donald Hensrud, M.D. Mayo Clinic Healthy Living Program Mayo Clinic	"Some people say it's the best thing since sliced bread; other people say it's poison. The truth is somewhere in between."
	Dr. Donald Hensrud, a nutrition expert and author of <i>The Mayo Clinic Diet Book</i> , says coconut oil probably isn't the cure-all its supporters claim it is.
00:01:14 DR. DONALD HENSRUD 1:	"The bottom line is that coconut oil is still a saturated fat. It still raises cholesterol a little bit, and probably best avoided in large quantities."
	But Dr. Hensrud says it's also probably not the poison some of its detractors claim it is either.
	The bottom line: Moderation is key.
00:02:14 DR. DONALD HENSRUD 1:	"I'd say the less, the better. On the other hand, if you eat a small amount occasionally, it probably isn't going to have a big negative effect on health. But for people who are consuming it to try and improve their health, I'd say that probably isn't a good idea."
	For the Mayo Clinic News Network, I'm Ian Roth.