

Information about Coconut Oil

WHAT IS COCONUT OIL?

The coconut palm is grown in many tropical areas, the most important areas of cultivation and export countries are the Philippines, Indonesia, India, Malaysia, Sri Lanka and Mexico. The tree begins producing coconuts within 4-6 years of planting, with optimal yields achieved after 10-15 years. Once mature, coconut palms can continue to produce coconuts for up to 60 years, with consistent harvests throughout the year.

Nutritional Values

Saturates

87.5g

Mono-
unsaturates
6g

Poly-
unsaturates
1.5g

COCONUT OIL INSIGHTS

Once the white flesh from the coconut has been removed and dried, this is known as Copra. The copra has an oil yield of approximately 65%, making it the highest yielding vegetable oil bearing product.

Coconut oil is typically a fat at UK ambient temperatures, having a melting point of around 27°C.

The crude coconut oil is yellow coloured and has a fairly strong, smoky odour, this is mainly due to the drying processes used to make copra. Once this crude oil has been refined, it has a very pale yellow, sometimes almost colourless appearance whilst molten and is bland and odourless.

Coconut oil has the highest naturally occurring level of saturates and is a rich source of lauric acid and medium chain triglycerides (MCTs).

Quick Facts



PHILLIPINES & INDONESIA

are the biggest producers



310 KILOS

of coconut oil per annum from one hectare of trees



1.3% OF MARKET SHARE

KEY FEATURES

- The dried white flesh is one of the highest-yielding vegetable oil sources.
- Coconut oil solidifies at temperatures below 27°C, making it a fat at typical UK ambient temperatures.
- Coconut oil contains the highest naturally occurring levels of saturated fats, is a rich source of lauric acid and medium-chain triglycerides (MCTs).

USES AND APPLICATIONS

- Coconut oil is used in a wide range of food and personal care applications.
- In the personal care industry, coconut oil is a key ingredient in oleochemicals, such as cosmetics, soap shower gel and toothpaste.
- Its use in bio-diesel is expanding.
- Often used in non-dairy ice cream.