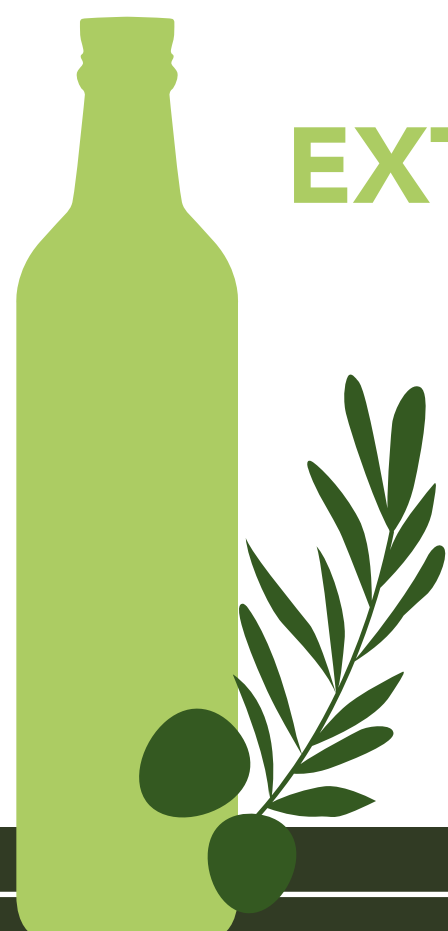
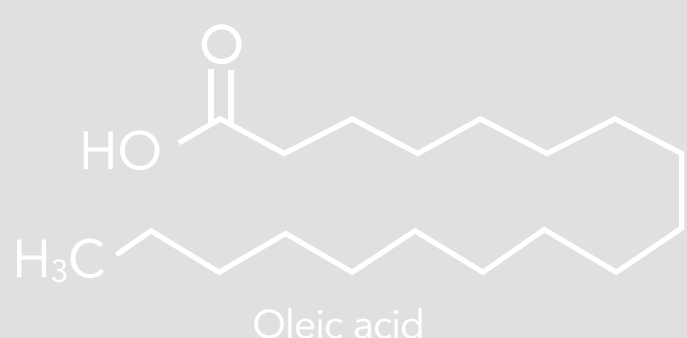


# EXTRA VIRGIN OLIVE OIL VS. VIRGIN COCONUT OIL

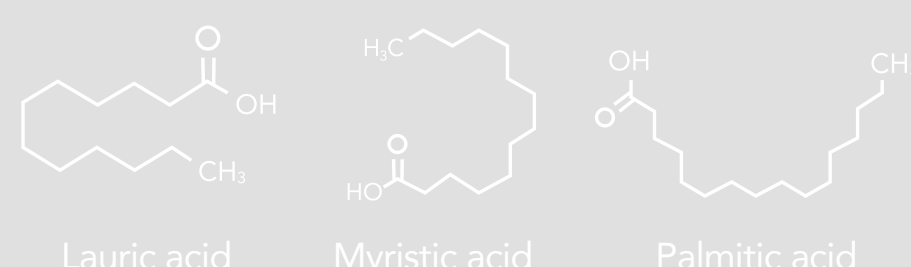


VS.



**Extra Virgin Olive Oil (EVOO)** is made up of predominantly mono-unsaturated fatty acids (e.g. Oleic acid)

## FAT PROFILE



**Virgin Coconut Oil** is made up of predominantly saturated fatty acids (e.g. Lauric acid, Myristic acid and Palmitic acid)

## Both EVOO and Virgin Coconut Oil contain antioxidants

### ANTIOXIDANTS

**EVOO** contains far more – with at least **36 different** biophenols identified

**6 different** biophenols have been identified in Virgin Coconut Oil

**Vitamin E** is a key component found in EVOO linked to its **health benefits** with one tablespoon meeting almost half of an adult's daily need

Vitamin E content of Virgin Coconut Oil is **negligible**

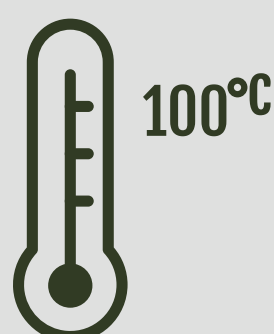
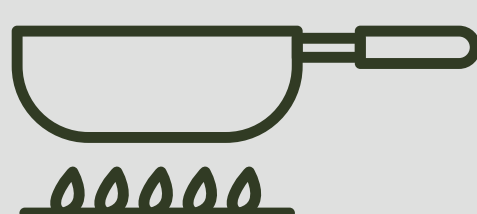
Research shows that EVOO phenolic compounds have **positive effects** on various physiological biomarkers

In-vitro research demonstrates the **beneficial antioxidant effects** of Virgin Coconut Oil

## EVOO is the best oil for cooking when you consider the major factors:

- **OXIDATIVE STABILITY:** It's naturally rich in antioxidants, such as vitamin E and biophenols. These nutrients not only increase its health properties but also improve EVOO's resistance to oxidative damage.
- **KNOWN HEALTH EFFECTS OF MONOUNSATURATED FAT:** Studies consistently show that those who consume the most olive oil are at a reduced risk of future metabolic health problems.
- **QUALITY OF EXTRA VIRGIN:** This is the highest grade of olive oil, rich in natural antioxidants to keep it stable at high heat and free of harmful trans fats.

## COOKING



## Many sources incorrectly claim that coconut oil is the best choice for cooking:

- IT'S APPROXIMATELY 92% SATURATED FAT, which does make it very stable when exposed to high heat.
- FATS AND OILS WITH NEUTRAL HEALTH EFFECTS WILL SIMPLY ADD EXCESS CALORIES TO THE DIET. Choosing an oil that contains healthy fats, is rich in antioxidants and fat-soluble vitamins will instead increase the overall healthfulness of your diet.
- COCONUT OIL IS STABLE FOR COOKING AT HIGH TEMPERATURES, BUT IT DOESN'T OUTPERFORM EXTRA VIRGIN OLIVE OIL. It contains only trace amounts of antioxidants and is predominantly saturated fat.

See [www.olivewellnessinstitute.org/article/new-research-proves-that-evoo-is-the-safest-and-most-stable-oil-to-cook-with/](http://www.olivewellnessinstitute.org/article/new-research-proves-that-evoo-is-the-safest-and-most-stable-oil-to-cook-with/) for more details

## References

- \*Information in this article is fully referenced in the full article at <https://olivewellnessinstitute.org/article/how-does-olive-oil-compare-with-coconut-oil/>
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