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Coconut Oil Benefits.

All fats and oils are made from fatty acid molecules which can be categorised by saturation (saturated fats, monosaturated fats and polyunsaturated fats) and also by molecular size or length of the carbon chain within each fatty acid.

Almost all of the fats and oils found in our everyday diets, whether they are saturated or unsaturated or come from animals or plants, are composed of long chain fatty acids.

Coconut oil is structured with medium chain fatty acids, also known as medium chain triglycerides, which are now known to speed up the metabolism process and can lower the risk of both atherosclerosis and heart disease.

Thanks to its unique form of saturated fats, coconut oil isn't stored in the body as fat but is actually used as a direct source of energy. In fact, many athletes and sports enthusiasts are now introducing the oil into their diets as part of their sports nutrition programme as an effective way of boosting energy levels.

Coconut oil can be added to smoothies, freshly squeezed juices, porridge meals etc.

The Medium chain fatty acids in coconut oil, in particular lauric acid, can help to prevent common heart problems such as high cholesterol levels and high blood pressure.