

Conference Abstract

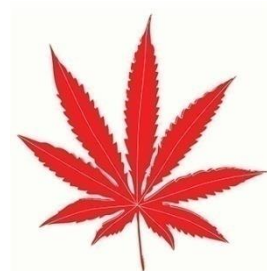
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Conference Abstract

EXPLORING POTENTIAL OF COCONUT MEAT AS A FUNCTIONAL FOOD

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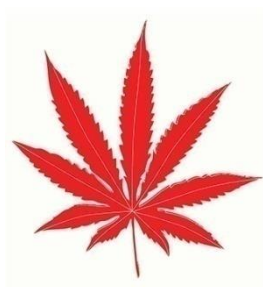
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ABSTRACT

Coconut meat is the white flesh inside a fibrous brown coconut husk which is mainly used for its nutritional and medicinal values. The aim of this review is to give a broad spectrum about the health benefits of coconut meat which is often underappreciated by the consumers due to high caloric content. It is classified as a highly nutritious functional food because of the fact that it is rich in dietary fibre, vitamins and minerals but most significantly it is rich in fats. Unlike other dietary fats that are high in long chain fatty acids, coconut oil; derived from coconut meat is rich in medium chain fatty acids which is unique in its property that it is easily digested, absorbed and metabolized by the liver and converts into ketones which act as an alternate energy source for brain which makes it beneficial for the people with cognitive disabilities or with Alzheimer's disease. Moreover, medium chain fatty fats are readily used for energy purpose rather than storing it in the form of fat and due to high fibre, it aids in weight loss as well. Another fact due to which coconut meat act as a functional food is that it increases HDL cholesterol as well which reduces the risk of heart diseases and dyslipidemia. It also has antiviral and antifungal properties due to the presence of lauric acid so boosts immunity as well. However, coconut supplementation has proved its benefits but more researches needs to be conducted for its controversial fat related literature.



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