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rites Tools Help

Kostir kókosolíu eru m.a. þessir:

- Virkar örvandi á brennsluna.
- Styrkir ónæmiskerfið og veitir þannig vörn gegn ýmsum sýkingum.
- Hefur góð áhrif á húð og hár, t.d. vinnur gegn flösu og exemi, jafnvel á hárþynningu.
- Eykur upptöku og nýtingu af Omega 3 og 6 fitusýrum.
- Vinnur gegn vanvirkni skjaldkirtils.
- Dreður úr hólumíðhröðum.

Fita

Alfons Ramel

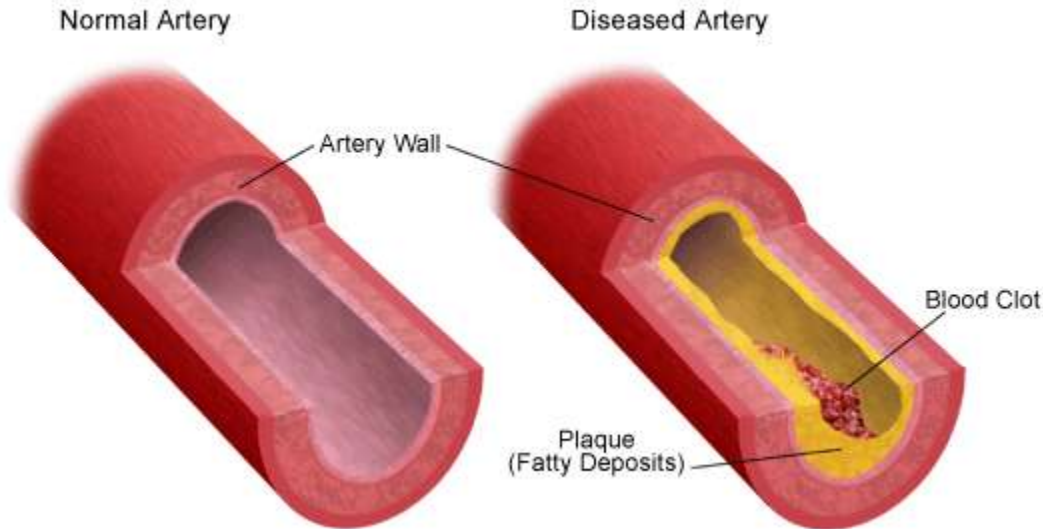


Kókosolía – Sú hollasta í heimi....?

Hrein kókosolía er holl fita - sú hollasta í heimi að margra mati. Eiginleikum hennar er oft líkt við hreina töfra.

Fitumagn og fitugæði

Diseased Artery



The infographic is split into two sections. The left section has a green background and features a yellow pen nib. The right section has a white background with a dashed line and shows two small glass vials containing yellow and dark oils.

Olía eða mjúk fita í stað harðrar fitu

Mjúk fita hækkar ekki kólesteról í blóði.

Fita 25-35%

Hörð fita <10%

Fita er lífsnauðsynlegt næringarefni



Er hollt að borða fitusnautt fæði?

- Hvað borðar maður í staðinn?
- Kolvetni, t.d. sykur
- Gróf kolvetni



Triglycerides ↑

HDL ↓



Triglycerides ↔

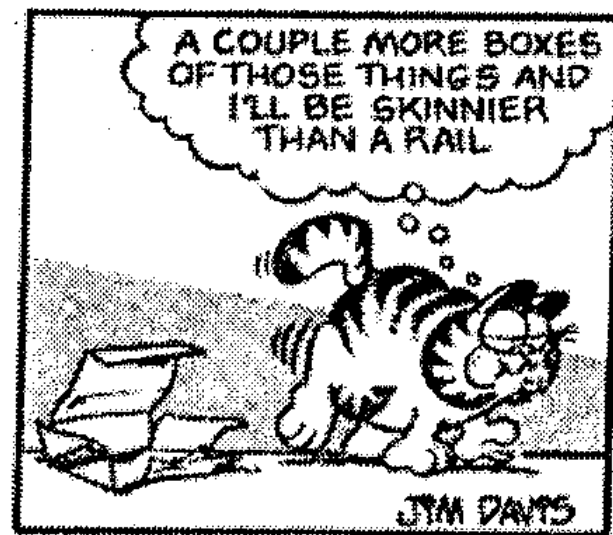
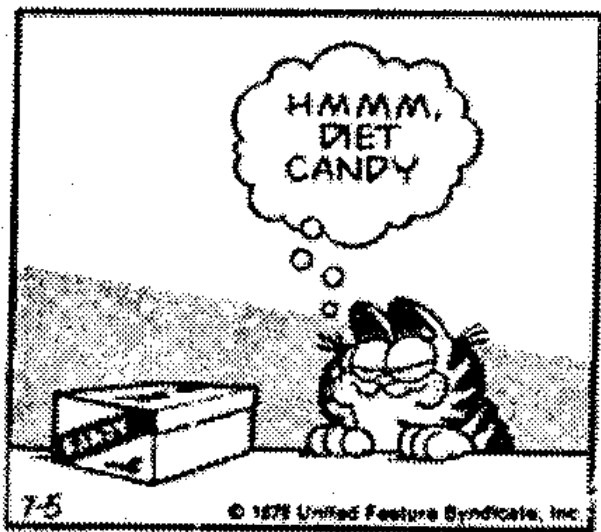
HDL ↔



Fitusnautt fæði er ekki endilega orkusnautt

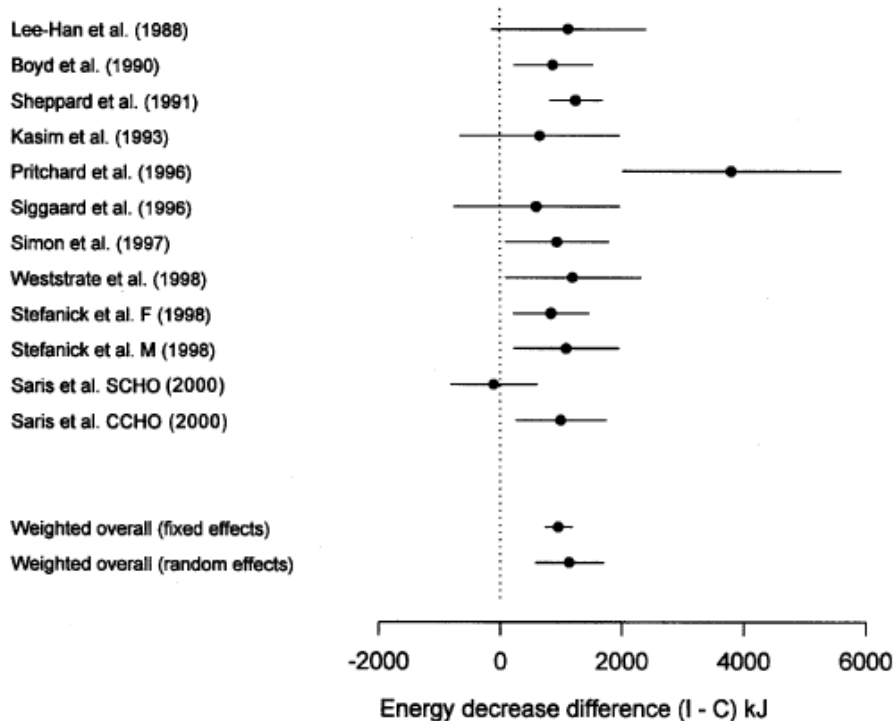
	kcal
• fituminna hnetusmjör 2 msk	190
• fitulaust gráfíkjukex 1 stk	70
• fitulaus karamellusósa 2 msk	130
• fituminna múslístykki	140
• <u>léttjógúrt jarðarb/trefja 100 g</u>	<u>88</u>

	kcal
• venjulegt hnetusmjör 2msk	190
• venjulegt gráfíkjukex 1 stk	50
• karamellusmjörsósa 2msk	130
• venjul. múslístykki	130
• <u>óskajógúrt jarðarb. 100 g</u>	<u>90</u>



Fituhlutfall og orkuneysla

- Minnkað fituhlutfall lækkar orkuneyslu í *ad-libitum* rannsóknum



u.þ.b – 10% fita

Astrup A, Grunwald GK, Melanson EL, Saris WH, Hill JO. The role of low-fat diets in body weight control: a meta-analysis of ad libitum dietary intervention studies. *Int J Obes Relat Metab Disord.* 2000;24(12):1545-52.

Er óhollt að nota unna matarolíu?

- Langflestar olíutegundir sem við notum/borðum eru unnar.
- Flestar rannsóknir sem sýna jákvæð heilsufarsleg olíu notuðu unnar olíur
- Rannsóknir sem nota óunnar olíur eru fáar, e.g., extra virgine olive oil vs refined.
- Transfitusýrur í unnum olíutegundum?



Pacheco YM, López S, Bermúdez B, Abia R, Muriana FJ. Extra-virgin vs. refined olive oil on postprandial hemostatic markers in healthy subjects. *J Thromb Haemost.* 2006 Jun;4(6):1421-2.

Vermunt SH, Beaufrère B, Riemersma RA, Sébédio JL, Chardigny JM, Mensink RP; TransLinE Study. Dietary trans alpha-linolenic acid from deodorised rapeseed oil and plasma lipids and lipoproteins in healthy men: the TransLinE Study. *Br J Nutr.* 2001 Mar;85(3):387-92.



Er kókosfita holl?

- Kókosfita inniheldur mettaðar fitusýrur
- Neysla af ómettuðu f.s. er ráðlögð til að koma í veg fyrir sjúkdóma.
- Neysla af mettuðum f.s. er mikil á Íslandi
- Lífræn vs venjuleg?



Nutrient	Units	Value per 100 grams
Lipids		
Fatty acids, total saturated	g	86.500
4:0	g	0.000
6:0	g	0.600
8:0	g	7.500
10:0	g	6.000
12:0	g	44.600
14:0	g	16.800
16:0	g	8.200
18:0	g	2.800
Fatty acids, total monounsaturated	g	
18:1 undifferentiated	g	
Fatty acids, total polyunsaturated	g	
18:2 undifferentiated	g	
18:3 undifferentiated	g	

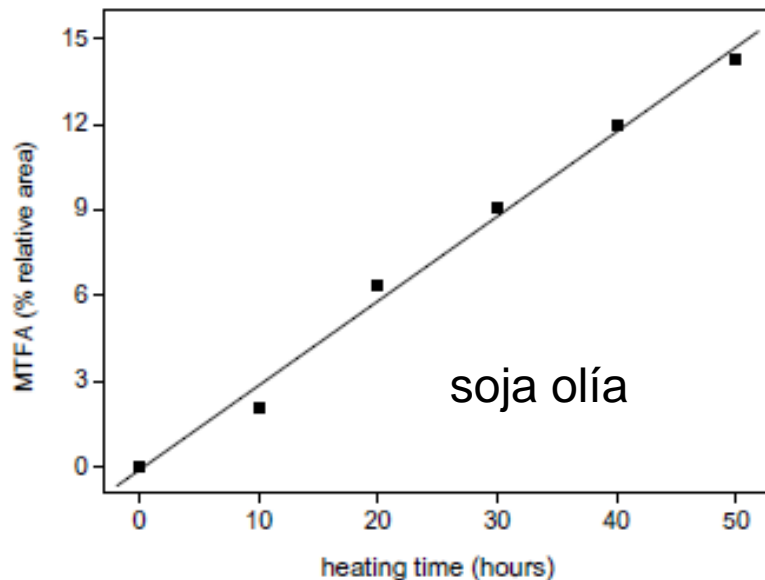


Tafla 3.6. Fitusýruflokkar I, % orku (% E)
Fatty acids clusters (% E)

	% E mettaðar fs.	% E trans fs.	% E hörð fita (mettaðar + trans fs.)
Karlar / men	14,9	1,4	16,2
	5,0	,9	5,4
Konur / women	14,5	1,4	15,8
	4,9	,9	5,2
Allir / all	14,7	1,4	16,0
	5,0	,9	5,3

Fita við steikingu

- Transfitumyndun
- 180 °C -> 0,3%/klst



Dietary consumption of repeatedly heated coconut oil can cause a genotoxic and preneoplastic change in the liver.

Srivastava S, Singh M, George J, Bhui K, Murari Saxena A, Shukla Y. Genotoxic and carcinogenic risks associated with the dietary consumption of repeatedly heated coconut oil.

Br J Nutr. 2010 Aug 6:1-10.

Martin CA, Milinsk MC, Visentainer JV, Matsushita M, de-Souza NE. Trans fatty acid-forming processes in foods: a review. An Acad Bras Cienc. 2007 Jun;79(2):343-50.

Eykur kókosfita þyngdartap?

- Rannsóknir benda til þess að **miðlungslangar** fitusýrur (MCT) auki þyngdartap í körlum (ekki í konum)

Yost TJ, Eckel RH. Hypocaloric feeding in obese women: metabolic effects of medium-chain triglyceride substitution. *Am J Clin Nutr.* 1989;49:326-30.

St-Onge MP, Bourque C, Jones PJ, Ross R, Parsons WE. Medium- versus long-chain triglycerides for 27 days increases fat oxidation and energy expenditure without resulting in changes in body composition in overweight women. *Int J Obes Relat Metab Disord.* 2003;27(1):95-102.

St-Onge MP, Ross R, Parsons WD, Jones PJ. Medium-chain triglycerides increase energy expenditure and decrease adiposity in overweight men. *Obes Res.* 2003;11(3):395-402

St-Onge MP, Bosarge A. Weight-loss diet that includes consumption of medium-chain triacylglycerol oil leads to a greater rate of weight and fat mass loss than does olive oil. *Am J Clin Nutr.* 2008 Mar;87(3):621-6.

Kókosolía

MCT

Nutrient	Units	Value per 100 grams
Lipids		
Fatty acids, total saturated	g	86.500
4:0	g	0.000
6:0	g	0.600
8:0	g	7.500
10:0	g	6.000
12:0	g	44.600
14:0	g	16.800
16:0	g	8.200
18:0	g	2.800
Fatty acids, total monounsaturated	g	5.800
18:1 undifferentiated	g	5.800
Fatty acids, total polyunsaturated	g	1.800
18:2 undifferentiated	g	1.800
18:3 undifferentiated	g	0.000

MCT oil contained octanoate and decanoate only (100% saturated medium-chain fatty acids)

100% C8:0 og C10:0



St-Onge MP, Bosarge A. Weight-loss diet that includes consumption of medium-chain triacylglycerol oil leads to a greater rate of weight and fat mass loss than does olive oil. Am J Clin Nutr. 2008 Mar;87(3):621-6.

Rannsóknir um kókosfitu

1. Mendis S, Samarajeewa U, Thattil RO. Coconut fat and serum lipoproteins: effects of partial replacement with unsaturated fats. *Br J Nutr.* 2001 May;85(5):583-9. [slæm](#)
2. Cox C, Sutherland W, Mann J, de Jong S, Chisholm A, Skeaff M. Effects of dietary coconut oil, butter and safflower oil on plasma lipids, lipoproteins and lathosterol levels. *Eur J Clin Nutr.* 1998 Sep;52(9):650-4. [góð](#)
3. Cox C, Mann J, Sutherland W, Chisholm A, Skeaff M. Effects of coconut oil, butter, and safflower oil on lipids and lipoproteins in persons with moderately elevated cholesterol levels. *J Lipid Res.* 1995;36(8):1787-95. [góð](#)
4. Müller H, Lindman AS, Blomfeldt A, Seljeflot I, Pedersen JI. A diet rich in coconut oil reduces diurnal postprandial variations in circulating tissue plasminogen activator antigen and fasting lipoprotein (a) compared with a diet rich in unsaturated fat in women. *J Nutr.* 2003 Nov;133(11):3422-7. [góð](#)
5. Müller H, Lindman AS, Brantsaeter AL, Pedersen JI. The serum LDL/HDL cholesterol ratio is influenced more favorably by exchanging saturated with unsaturated fat than by reducing saturated fat in the diet of women. *Nutr.* 2003 Jan;133(1):78-83 [slæm](#)
6. Kotsopoulos J, Liede A, De Matsuda ML, Sun P, Narod SA. Method of cooking and risk of breast cancer in the Philippines. *Cancer Causes Control.* 2006;17:341-8 [slæm](#)
7. Lipoeto NI, Agus Z, Oenzil F, Wahlqvist M, Wattanapenpaiboon N. Dietary intake and the risk of coronary heart disease among the coconut-consuming Minangkabau in West Sumatra, Indonesia. *Asia Pac J Clin Nutr.* 2004;13(4):377-84. [hlutlaus](#)
8. Assunção ML, Ferreira HS, dos Santos AF, Cabral CR Jr, Florêncio TM. Effects of dietary coconut oil on the biochemical and anthropometric profiles of women presenting abdominal obesity. *Lipids.* 2009 Jul;44(7):593-601. [hlutlaus](#)
9. Amarasiri WA, Dissanayake AS. Coconut fats. *Ceylon Med J.* 2006 Jun;51(2):47-51. review



Hvað er Udo's omega 3-6-9 olía?

- Óunnin blanda af hörfræja-, sólblóma-, sesam-, hrísgrjóna og haфраolíu.
- Birtar rannsóknir eru ekki til.
- *Danish athletes* rannsókn á heimasíðunni.
 - ...large amounts of Udo's Oil Blend for approximately 8 weeks (48 to 113 days; average: 58.56 days).
 - ...No concurrent changes were made to either their diet or their training.
 - ..one triathlete was able to train intensively all day long seven days in a row ... without exhausting himself

¹ Submitted for Publication. Quantitative Data Forthcoming.

² Cadogan, OU. The Effects of Essential Fatty Acids On Athletic Performance/General Well Being and Risk Factors For Cardiovascular Disease. 2000. Personal Communication