

Frequently Asked Questions About Omega Nutrition Coconut Oil

What is the difference between Omega Nutrition Coconut Oil and other brands?

Coconut Oil from Omega Nutrition is certified organic and kosher. This naturally saturated product is not hydrogenated and is free of trans fatty acids. Ideal for use in higher temperature cooking, Coconut Oil is a perfect vegan/dairy-free alternative to butter or margarine. As with all of Omega Nutrition's oils, Coconut Oil is stored and packaged in opaque HDPE containers to protect it from the damaging effects of light.

2) What is the health advantage in using Coconut Oil? Coconut Oil is easily digestible and is slightly lower in calories than other oils. Used for fuel and energy, Coconut Oil is an obvious favorite of athletes and body builders. Coconut Oil is heat stable naturally saturated oil that is primarily made up of medium chain triglycerides (65% MCTs) MCTs are energy fats that our bodies can metabolize efficiently and digest more easily.

3) What is the best way to use Coconut Oil?

Yes – Coconut Oil is excellent for cooking, frying, and baking. Try it as a butter replacement and spread over toast. Coconut Oil is a high heat oil that can be safely raised to temperatures up to 375°F/190°C without any trans fatty acid distortion. The standard recommendation for substituting Coconut Oil for butter, lard or shortening is to use three-quarters of the amount of Coconut Oil.

4) My Coconut Oil melts in hot weather. How do I get it solid again?

Coconut Oil melts and solidifies quickly. Due to its saturated fat content, it is our most heat stable product and is naturally solid at temperatures below 76°F/24°C. In the summer, Coconut Oil may arrive in liquid form. To solidify the oil quickly, simply stick the jar in the refrigerator. Keep in mind that **Coconut Oil does not require refrigeration** and should be stored in a cool dark place. If you leave it in the refrigerator, you may find it is too hard to get out of the container.

5) What is the easiest way to get the remaining Coconut Oil out of the bottom of the 32 oz container?

Just run the bottom of the container under warm water. This will slightly melt the Coconut Oil allowing you to scoop or easily pour it out.

6) Can I use Coconut Oil in recipes that call for butter?

Coconut Oil can be used in most recipes where you would normally use butter. When substituting Coconut Oil for butter, we recommend you use three-quarters of the amount specified in the recipe.

7) How is Omega Nutrition's Coconut Oil made?

Omega Nutrition's Coconut Oil is cultivated and processed using the strictest organic standards and practices. The meat from the ripe coconuts is separated from the outer shell

and dried. This dried coconut meat is called “copra” and it is the part of the coconut that contains the oil. The coconut copra is then expeller pressed and the resulting oils then goes through an additional step to remove the coconut flavor.

8) What is involved in the process to remove the flavor?

The coconut flavor for Omega Nutrition Coconut Oil has been removed to create versatile cooking oil perfect for all baking and cooking needs. Some other coconut oils have very strong flavor and odor. Depending on how you plan to use the Coconut Oil, a full flavor product may not be appropriate. Many customers have told us they want the nutritional benefits of coconut oil but without the predominant coconut flavor. The flavor is removed by distilling the oil with a vacuum process. The heat involved in this process does not create trans fatty acids, and the beneficial fatty acids are not affected. In their natural tropical environments, coconuts and the oil inside are commonly exposed to high tropical temperatures. One of the chief benefits of Coconut Oil is that it is one of nature’s most heat stable oils. It is naturally saturated and is not easily damaged by heat, which is why Coconut Oil is a good choice for higher temperature cooking (375° F/191°C).

9) Why choose Omega Nutrition Coconut Oil?

Omega Nutrition’s Coconut Oil is the perfect vegan and dairy free alternative to butter or margarine, and is offered by Omega Nutrition for its versatile culinary usage, along with the anti-viral benefits of lauric acid. Omega Nutrition Coconut Oil is kosher certified, and is certified organic by an independent third party (Washington State Department of Agriculture).