



PRODUCT KNOWLEDGE

COCO COCONUT COOKING OIL

COCO COCONUT COOKING OIL

Not only coconut milk, COCO also produces other coconut-derived products, one of which is coconut oil. COCO Coconut Cooking Oil is available in 4 different sizes:



1 Litre Pouch



2 Litre Pouch



5 Litre Jerrycan



18 Litre Jerrycan

GETTING TO KNOW COCONUT OIL

Although they both seem similar to each other, coconut oil is different from palm oil.



Coconut oil:

- Originates from the coconut
- The color is clear with a slightly yellowish tint in liquid form, and white when frozen



Palm oil:

- Originates from the palm fruit
- The color is yellow gold

BATTLE OF OILS: COCONUT OIL VS PALM OIL



So, which one is better?

COCONUT OIL = BETTER

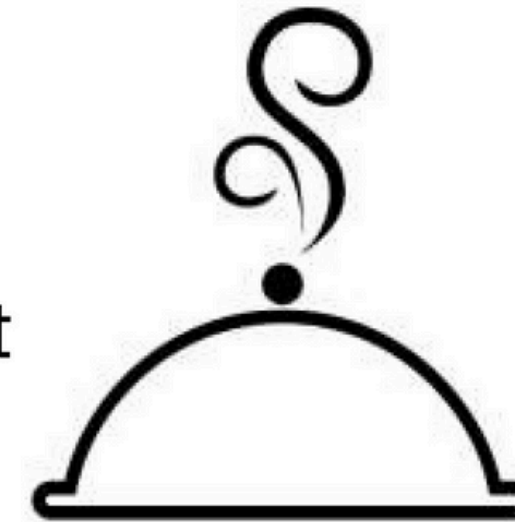


CLEARER COLOUR

Coconut oil is clearer, transparent, and does not easily turn black, thus more durable for repeated use.

MORE DELICIOUS AROMA

The aroma of spices sautéed with coconut oil becomes more fragrant, making the dish more aromatic. Coconut oil also does not easily become rancid



CRUNCHIER FRY

Dishes fried with coconut oil are less greasy, making them healthier, crunchier, and tastier





COCONUT OIL = MORE ECONOMICAL

SAVING MORE BECAUSE IT CAN BE USED REPEATEDLY

Coconut oil is suitable for cooking because it is more stable and can be used repeatedly (2-3 times more than palm oil).

SHORTER COOKING TIME

Coconut oil heats up quickly, so there is no need to wait long to start frying.

SAVES GAS/ELECTRICITY USAGE

Because coconut oil heats up quickly, cooks faster, saving gas/electricity usage.

COCONUT OIL DOES NOT CAUSE THROAT IRRITATION

Sometimes we feel irritation in our throats after consuming fried foods. This is caused by the frying oil used being already damaged.

Palm oil is usually only good for 2-3 times frying. Meanwhile, coconut oil is more stable so it can be used repeatedly, does not easily turn black, does not easily smell bad, and does not easily get damaged.

The natural lauric acid content in coconut oil acts as an anti-inflammatory agent, thus preventing throat irritation after eating fried foods.



COCONUT OIL = HEALTHIER



FREE OF CHOLESTEROL

Unlike butter, coconut oil does not contain cholesterol, making it healthier and safer for heart health and blood vessels.



FREE OF TRANS FATS

Coco coconut oil is free of trans fats. Trans fats are the most harmful fats that can increase the risk of heart attacks and strokes.



WITHOUT PRESERVATIVES

Coco coconut oil is free of preservatives and other additives, making it safer for long-term health.



COCONUT OIL = HEALTHIER



STABLE (NOT EASILY DAMAGED)

Because of its unique fatty acid content, coconut oil is more stable for cooking, so it does not easily spoil or become rancid.



EASILY BURNED FOR ENERGY

Unlike other oils that tend to be stored as body fat, coconut oil is more easily burned for energy, making it suitable for diets.



SOURCE OF MEDIUM CHAIN FATTY ACIDS (MCFA)



MCFAs are beneficial for nutrition, energy, and antibacterial properties, helping to boost the body's immunity.



WHAT IS MCFA?

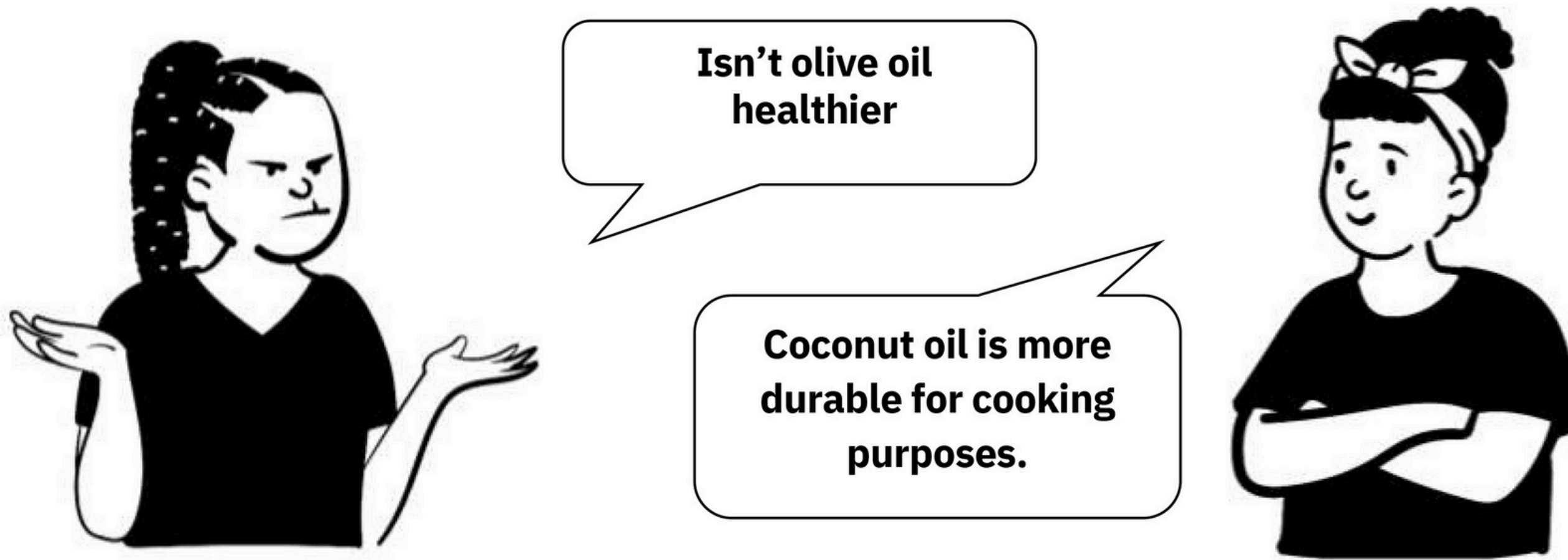
MCFA is a fatty acid that is abundantly found in breast milk. MCFA helps to enhance the immune system and protect babies from bacterial, viral, and fungal infections. Without the intake of MCFA, babies are susceptible to illness and malnutrition. Therefore, MCFA is commonly added to formula milk.

Apart from breast milk, the highest content of MCFAs is also found in coconut oil.

-  This coconut oil is good for breastfeeding mothers to consume to improve the quality of their breast milk. Mothers can use coconut oil as a substitute for cooking oil used in daily cooking.
-  Coconut oil can also be used to make complementary foods (MP-ASI) for babies aged 6 months and above.



BATTLE OF OILS: COCONUT OIL VS OLIVE OIL



Durable? What does that mean?



COCONUT OIL = MORE STABLE

When choosing cooking oil, it is very important to consider whether the oil can withstand the heating process or not. Unsaturated fats are less stable when used at high temperatures, and the oil can become damaged and release harmful free radical compounds to the body.

Because of its saturated fat content, coconut oil is more stable, so the oil does not easily spoil. Moreover, many dishes in Indonesia are cooked by frying. Tofu, tempeh, chicken, duck, catfish, all are fried. Even chicken bacem ends up being fried. Coconut oil is suitable for cooking purposes.

WHAT CAN COCONUT OIL BE USED FOR IN COOKING?



FRYING

"...results in crunchier and less greasy food, does not cause throat irritation..."



SALAD DRESSING

"...good for increasing HDL (good cholesterol)..."



BAKING

"...an alternative to butter, free of cholesterol, free of trans fats..."



SAUTÉING

"...healthier and makes the dish more aromatic..."



MAKING SAMBAL (CHILI SAUCE)

"...makes the aroma of the spices more pronounced..."



MAKING BABY FOOD

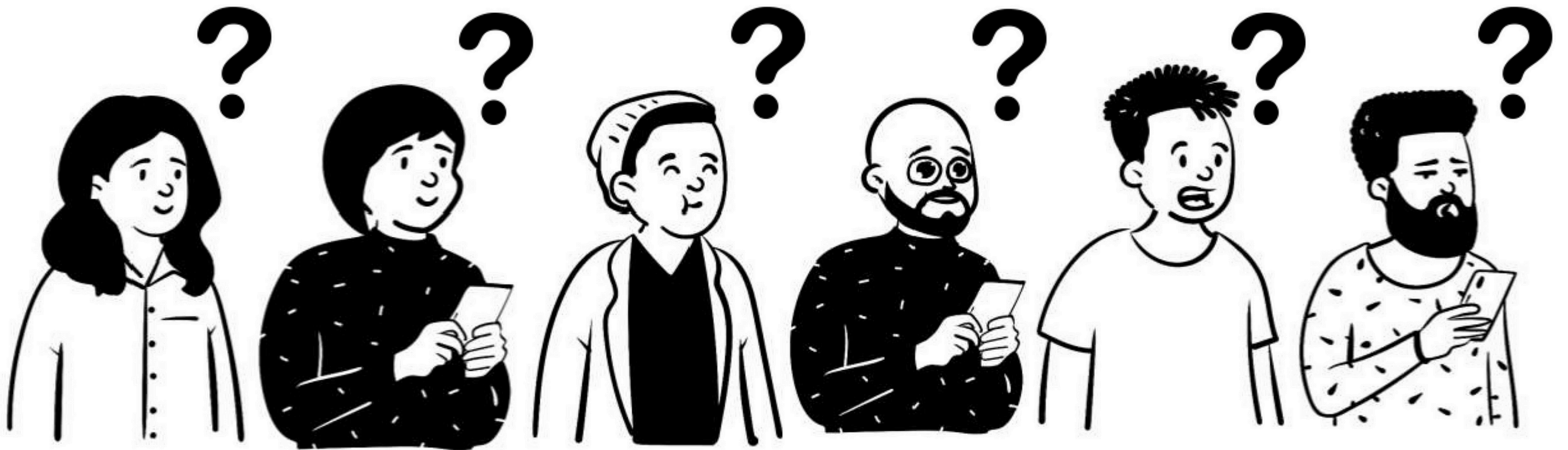
"...the highest lauric acid content is found in breast milk and coconut oil, good for the baby's immune system..."

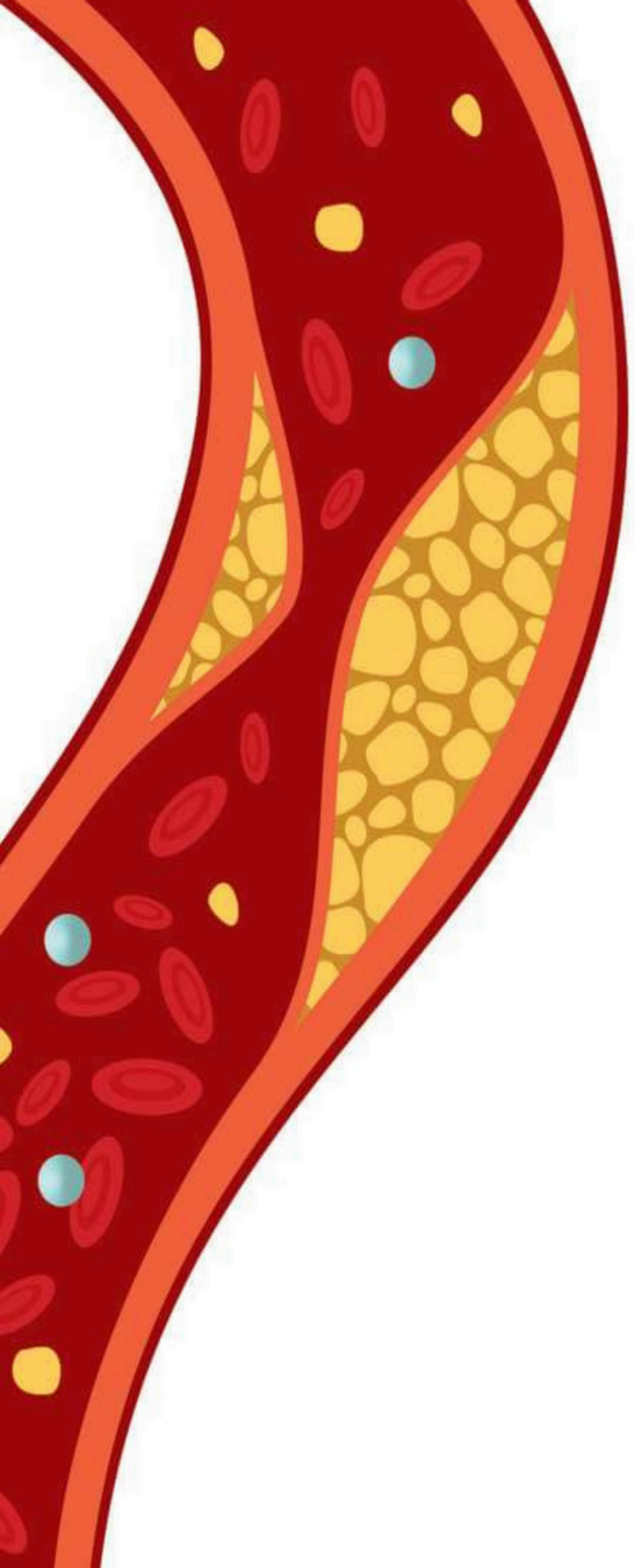
HOW TO PROPERLY STORE COCONUT OIL

- Store it in a dry and clean place.
- Ensure the container is tightly closed to prevent contamination.
- Keep it away from direct sunlight to maintain its quality.



QnA ABOUT COCONUT OIL





TRUE OR FALSE?

COCONUT OIL CONTAINS CHOLESTEROL

FALSE

Cholesterol is produced by the liver, so only humans and animals contain cholesterol. As a plant-based product, 100% coconut oil does not contain cholesterol.

TRUE OR FALSE?

COCONUT OIL HAS HIGHER CALORIES COMPARED TO OTHER OILS

FALSE

The calorie content of all oils is relatively the same. What differentiates one oil from another are:

- The raw materials used
 - The types of fatty acid bonds they contain
 - Oil characteristics (heat stability, freezing point, etc.)
- However, in terms of calories, all oils are relatively the same.

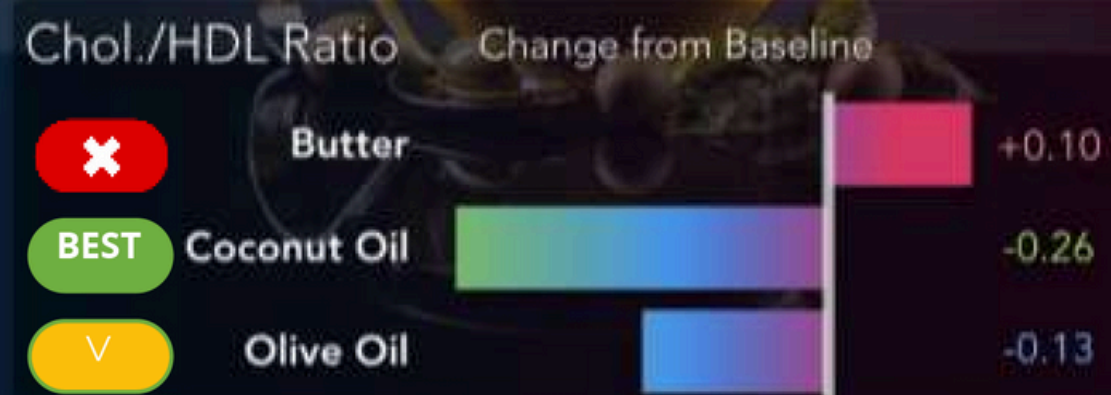
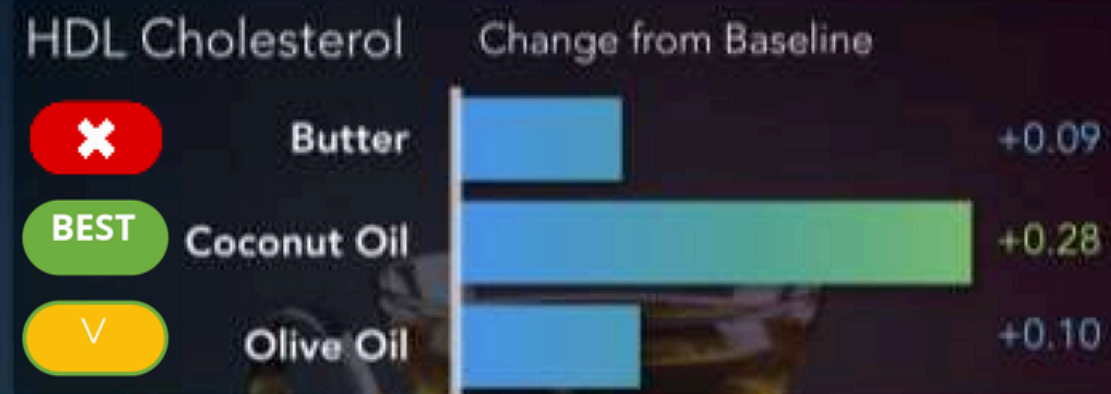


Butter vs Olive Oil vs Coconut Oil

A randomized clinical trial shows that coconut oil and olive oil are both healthier than butter.



Clearvue Health BMJ



TRUE OR FALSE? COCONUT OIL IS NOT GOOD FOR HEART HEALTH

FALSE

Traditionally, we were taught that saturated fats are bad fats. However, saturated fats derived from plant-based products have different effects compared to those from animal sources.

Saturated fats in animal products tend to increase bad cholesterol (LDL), while saturated fats in plant products increase good cholesterol (HDL). Research comparing the effects of consuming olive oil, coconut oil, and butter has shown that coconut oil has the most positive effect on heart health and blood vessels.

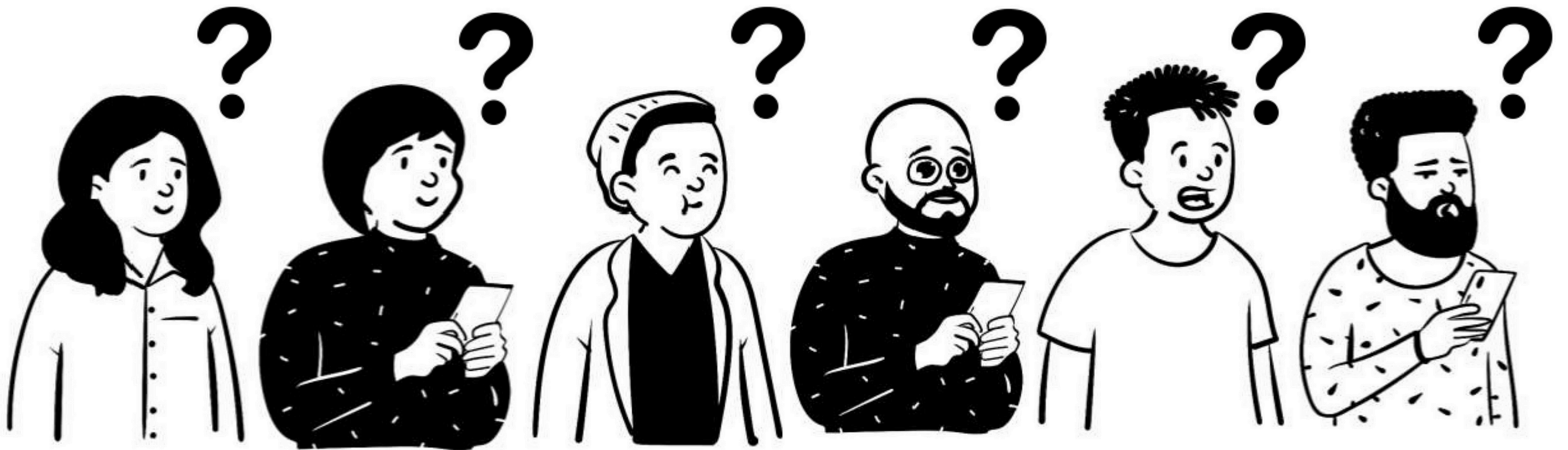
TRUE OR FALSE? COCONUT OIL BEING FROZEN DOES NOT MEAN IT'S DAMAGED

TRUE

When coconut oil is stored below 24°C, it will solidify and turn white. Don't worry, this is normal and completely safe. The oil can be used directly and will liquefy again when exposed to heat.



CAN COCONUT OIL ONLY BE USED FOR COOKING?





COCONUT OIL AS A CARRIER OIL

Carrier oil is a term used for oils used to dilute or dissolve essential oils. Essential oils have strong fragrances used for aromatherapy purposes. Essential oils can cause irritation if applied directly to the skin, so they need to be mixed with carrier oil beforehand.

Here are the dilution ratios of essential oil to carrier oil:

- For adults:
 - 2.5% dilution: 15 drops of essential oil per 6 teaspoons of carrier oil
 - 3% dilution
 - 5% dilution 30 drops of essential oil per 6 teaspoons of carrier oil 60 drops of essential oil per 6 teaspoons of carrier oil
 - 10% dilution
- For children:
 - 0.5-1% dilution: 3-6 drops of essential oil per 6 teaspoons of carrier oil

COCONUT OIL FOR OIL-PULLING

Oil-pulling is a method of rinsing with oil.

Benefits of oil-pulling:

- *Coconut oil helps pull out bacteria that cause oral and dental diseases, and reduces bad breath.*
- *It is safer and less irritating compared to mouthwash.*

User Instructions:

1. Take 1 tablespoon of coconut oil.
2. Rinse in your mouth for 10-20 minutes.
3. Dispose of the oil in a nearby trash can after rinsing.
4. Rinse your mouth with a mixture of water and salt.



Important tips:

- Do it in the morning before breakfast.
- You can do other activities while rinsing, like showering, etc.
- Start with 5 minutes of rinsing per day and gradually increase the duration.
- Avoid rinsing too vigorously, as it can cause jaw discomfort.
- Remember to brush your teeth in the morning and before bed.



COCONUT OIL FOR MAKING SKINCARE

Coconut oil is also great for the skin because it moisturizes and nourishes the skin, making it widely used in beauty products such as:

- Lip balm
- Lip scrub
- Lip gloss
- Skin moisturizer
- Body lotion
- Body scrub
- Hand Cream
- Face cleanser
- Makeup remover
- Eye cream
- Face cream
- Face mask
- Soap
- Shampoo
- Toothpaste
- Hair conditioner
- Hair mask
- Massage oil

Example recipe for coconut oil-based skincare that can be made at home: Body Scrub:

- Mix: 50 ml coconut oil + 50 grams of brown sugar + 50 grams of coffee grounds
- Apply to dry skin. Gently scrub.
- Rinse with clean water.