



RESEARCH NOTE

Coconut, its health benefits and its derivatives as an ingredient in common Asian food

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SUMMARY :

The coconut fruit obtained from the coconut palm has numerous medical and commercial benefits. The various health related properties of coconut water, coconut milk, coconut cream, creamed coconut and other derivatives from the fruit have been highlighted in this article. The abstract provides an overall summary of different utilities and profile of different products obtained from the coconut for which it is being used as a principal ingredient by almost every consumer in Asian and Western countries in cooking and eating practices. The various derivatives from the fruit are well acceptable to consumers of all age groups, having certain limitations its high saturated fat content. Coconut has been recently proved to be a source of saturated fat that would not elevate the lipid profile in the body, except high density lipoprotein (HDL), which is good for health and absolutely no contraindications now to any age. Coconut is a highly valued ingredient in our eating practice for its enormous medical benefits. However, due to its high lipid and saturated fat content it is discouraged in the diet of patients suffering from cardiovascular ailments and hypertension. The major importance of the fruit is valued for the great medicinal properties of coconut water and the flesh of the fruit. The meat of mature coconut is a flavoring and texture improving ingredient in Indian and Asian homemade food.

KEY WORDS : Coconut, Food, Medicinal properties

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