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STUDY ON THE NUTRITIONAL BENEFITS OF COCONUT BASED PRODUCTS

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Abstract:

The goal of this paper was to highlight the nutritional benefits of coconut (*Cocos nucifera*), using databases such as USDA and scientific papers. The more studied coconut based products are coconut flour and flakes. These products are rich in proteins, fats, carbohydrates, fibers, minerals and vitamins. The average ash content in this products is approximately 4%. The predominant mineral is potassium, followed by phosphorus and magnesium. The minerals content in coconut flour and flakes has the following trand: K>P>Mg>Na>Ca>Fe>Mn>Zn>Cu. In conclusion, the studies reveals that, due to the high fiber content and protein, coconut based products have many nutritional benefits.

• Introduction

The goal of this paper was to highlight the nutritional benefits of coconut (*Cocos nucifera*).

The more studied coconut based products are coconut flour and flakes.

There are many studies on the cholesterol lowering effect of theses products. On the other hand, coconut flour is considered by many researchers a functional food based on his high fibers content.

Many researchers considered that coconut flour can be incorporated (up to 20%) into wheat flour products (noodles) in order to improve its health benefits.

• Material and method

The goal of this paper was to highlight the nutritional benefits of coconut (*Cocos nucifera*), using databases such as USDA and scientific papers.

• Results and discussions

Coconut flour and flakes are rich in proteins, fats, carbohydrates, fibers, minerals and vitamins.

The average ash content in this products is approximately 4%.

The predominant mineral is potassium, followed by phosphorus and magnesium.

The minerals content in coconut flour and flakes has the following trand:

K>P>Mg>Na>Ca>Fe>Mn>Zn>Cu.

Coconut flour is a good source of fiber (10 – 30%) and protein (16 – 21%) unlike wheat flour.

• Conclusions

In conclusion, the studies reveals that, due to the high fiber content and protein, coconut based products have many nutritional benefits.