## Mayo Clinic Minute

**Coconut oil: Perfect, poison or somewhere in between?**

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<td>Coconut oil.</td>
<td>If you search for information about it online, you’ll see it’s one of the best things you can put in your body.</td>
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<td>Or one of the worst.</td>
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**Donald Hensrud, M.D.**

**Mayo Clinic Healthy Living Program**

**Mayo Clinic**

Some people say it’s the best thing since sliced bread; other people say it’s poison. The truth is somewhere in between.”

Dr. Donald Hensrud, a nutrition expert and author of *The Mayo Clinic Diet Book*, says coconut oil probably isn’t the cure-all its supporters claim it is.

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**DR. DONALD HENSRUD 1:**

“The bottom line is that coconut oil is still a saturated fat. It still raises cholesterol a little bit, and probably best avoided in large quantities.”

But Dr. Hensrud says it’s also probably not the poison some of its detractors claim it is either.

The bottom line: Moderation is key.

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**DR. DONALD HENSRUD 1:**

“I’d say the less, the better. On the other hand, if you eat a small amount occasionally, it probably isn’t going to have a big negative effect on health. But for people who are consuming it to try and improve their health, I’d say that probably isn’t a good idea.”

For the Mayo Clinic News Network, I’m Ian Roth.