Coconut milk is a superfood that works wonders for health

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Abstract. The article discusses the main properties of coconut milk and its effect on the human body. A systematic review of modern specialized literature and relevant scientific data was carried out. The chemical composition and nutritional value of the product are indicated, the use of coconut milk in various types of medicine and the effectiveness of its use in various diseases are considered. The potentially adverse effects of coconut milk on the human body under certain medical conditions and diseases are analyzed separately.

Key words: coconut milk , beneficial properties, contraindications, composition, calorie content

Coconut milk is extracted from the pulp of coconuts. It has a creamy texture, a light natural sweetness and many advantages over cow's milk. There is a lot of science behind this superfood hype, as scientists have proven its benefits in a vegetarian and any other diet. We tell you what the health benefits of the elixir are and how to drink it correctly.

The calorie content of coconut milk is high - depends on the method of preparation and varies from 190 to 230 kcal. It has unique proteins, but the drink is not considered the best source of protein. But it has no lactose and more fat than other milk substitutes - almost 93% of calories are fat. The product also provides the body with potassium, calcium, magnesium , sodium and other electrolytes. It does not contain calcium, vitamins A and D, but it can be additionally enriched with them. [12]

Top 5 Health Benefits of Coconut Milk

1. Reduces stomach ulcers

Nutrient liquid reduces stomach ulcers by more than 50% - not inferior in effectiveness to anti-ulcer drugs. Experiments have shown that this is partly due to the anti-inflammatory properties of the drink and its positive effect on the mucous membrane. [3, 4]

2. Fights fungi and germs

The lactose-free product contains almost 50% fat - these are medium chain saturated fatty acids (MCFA). There is especially a lot of lauric acid in it, which, after entering the body, is converted into monolaurin. The antimicrobial, antifungal, and anti-inflammatory compound kills a wide range of disease-causing organisms. Thanks to him, the healing plant fluid protects the body from infectious and viral diseases. [5, 6, 7]

3. Helps the Cardiovascular System

The liver quickly converts fatty acids into energy, so fats do not accumulate, but are consumed by the body immediately after intake. This makes coconut useful - it does not negatively affect lipids, the balance of cholesterol in the blood. [8, 9, 10]

4. Improves Metabolism and Helps Lose Weight

MCT fats (Medium Chain Triglycerides), contained in coconut products, help to lose extra pounds, improve metabolism. They temporarily increase fat burning, reduce appetite and are not stored as fat, but are immediately converted into energy. [11, 12, 13, 14, 15, 16]

5. Eliminates oxidative stress and inflammation

Coconut-derived foods reduce swelling and inflammation in injured rodents. The fact is that coconut milk is rich in vitamins C and E, which are well known for their antioxidant properties and effectively neutralize harmful free radicals. Lauric acid additionally causes the death of cancer cells and inhibits tumor growth. [17, 18]

Disadvantages of coconut milk, possible harm and contraindications

The herbal drink brings great benefits, but, as with other products, it is important not to overdo it. Despite its name, coconut is not a nut - it is classified as a fruit, being a drupe with one seed. Therefore, people with nut allergies can consume it, and allergic reactions to coconut are extremely rare.

Grocery store coconut milk may contain carrageenan, a potential carcinogen that causes digestive problems in some people. It is also high in saturated fat, of which lauric acid is a representative. The reaction to it is different and does not always lead to a decrease in cholesterol - a lot depends on both individual characteristics and the amount of the product in the diet.

How much coconut milk can you drink: recommendations for every day, week

A nutritious drink has pros and cons, so it is advisable to consume it in moderation. Drinking 2-3 glasses a week is enough to get the benefits. Gastroenterologists, nutritionists and other doctors do not recommend people with irritable bowel syndrome to get involved in it and are advised to use no more than half a glass at a time.

How to drink coconut milk: exotic taste and benefits

Now that you know about the nutritional value of coconut, you will definitely want to add it to your diet. Thick drink is more often used in desserts, and liquid - in milk soups, sauces. It is very popular among vegans and often serves as the basis for ice cream, smoothies, smoothies, pancakes. It is added to coffee, protein shakes, pastries, fruit salads, cereals.

Unlike coconut water, which occurs naturally in the fruit, milk is made at home and on an industrial scale. It is easy to cook it yourself by adjusting the density to taste. You can make it at home: mix 1.5-2 cups of unsweetened coconut flakes with 4 cups of hot water and strain through a thin cloth, cheesecloth. For cooking, you can also use clean water and coconut pulp - combine in a blender and strain.

It is easier to buy ready-made coconut milk in the supermarket, but it may contain thickeners, sugar, flavorings. A few tips to help you choose the best drink:

- it is desirable that the composition contains two ingredients - coconut and water;
- give preference to products packaged in jars without bisphenol-A, a carcinogen dangerous to men, women and children; [19]
- choose lower calorie options and note that products in cartons contain fewer calories than canned products.

Expert comment

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Coconut milk is advertised as a superfood and, despite its high fat content, protects against heart disease and obesity. This superfood is vegan, lactose-free, allergen-free, and highly nutritious, making it a favorite among athletes and people looking to lose weight. Drink it on its own at any time of the day or combine it with the usual dishes, drinks. It will be a useful addition to any diet and will boost your immunity.

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