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Coconut oil is rich in saturated fatty acids and low in unsaturated fatty acids. The different fatty acids present in coconut can range from C6-C18 carbon atom chains. Coconut oil processing methods or technologies are classified into two major types based on copra or fresh coconut kernel used.

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The Coconut Handbook captures all our considerable knowledge and experience about the coconut. This includes general and technical information such as quality aspects, processing and packaging, as well as the health and nutritional benefits of coconut. Chapters in the Coconut Handbook include: Nutritional and health benefits; Composition; Plantation

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The Coconut Oil Handbook: Nature's Remedy for Weight Loss ...

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Coconut Handbook - World Bank

Coconut Oil Handbook: Unlock the Secrets of Coconut Oil to Lose Weight, Beautify, Heal, and Detox: Azzaro, Aubrey:
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It is important to highlight that the difference in oil content at various ages of the coconut kernel relates to the yield and quality of coconut milk obtained (see Chapter 3, Table 3.6). While a young coconut at eight to nine months old has only about 18-26% oil content, a mature coconut at 10-13 months has up to 43% oil content.