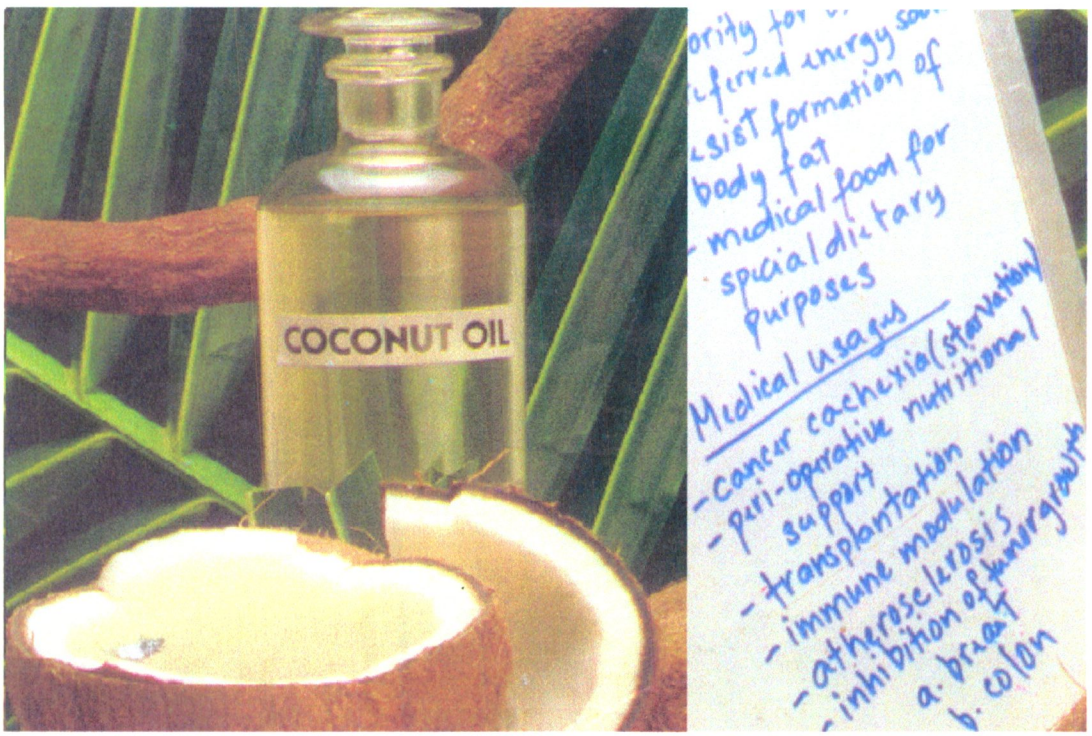
Coconut Oil & Heart Disease

Abstract Bibliography



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Preface

Despite scientific evidence to the contrary, a widespread and sinister disinformation campaign against coconut oil has been going on for some time. As a result some misconceptions on coconut has lead to confusion among the public as well as doctors and nutritionists on the health aspects of coconut oil. It is urgently necessary to resolve such confusion and throw light on the true scenario. It is with this intention that this abstract Bibliography was prepared.

This covers 102 References and abstracts of research and review papers written by scientists based on true scientific research results. A majority of the papers *(those indicated by 'A')* are available at the Coconut Research Institute library for consultation by those interested in the subject.

We wish that the tide of misinformation on coconut oil would be soon swept up and its miraculous effects be revealed for the benefit of the mankind and the coconut industry.

Librarian
Coconut Research Institute

Abstract Bibliography on

Coconut Oil and Heart Diseases

Asian and Pacific Cococnut Community () Facts and fallacies about coconut oil. *Jakarta; APCC. (6198) A.*

ATUKORALA, SUNETHRA (Associate Professor, Department of Biochemistry and Molecular Biology, Faculty of Medicine, university of Colombo) (1997) **Nutrient composition of coconut in relation to a healthy diet.** *Proceedinga of the Symposium on Nutrition and Health aspects of coconut oil. 2-8. A.*

ATUKORALA, T M S; DE SILVA, L D R; JAYASINGHE, K S A (1996) **Lipid patterns and dietary habits of adolescent schoolboys in Sri Lanka.** *Asia Pacific Journal of Clinical Nutrition.*

ATUKORALE, D P (Senior Cardiologist, Sri Lanka) (1996) **Truth about coconut oil.** *In: Facts about coconut oil Jakarta; APCC. 52-54. (8149) A.*

There are misconceptions and conflicting views regarding coconut and heart disease as a result of a large number of publications on the above subject in the medical literature. Majority of these come to one conclusion that coconut causes a high level of serum cholesterol. This paper tries to explain such misconceptions and provide a clearer picture of the real scenario.

ATUKORALE, D P (1997) **Coconut oil and heart disease.** *Proceedinga of the Symposium on Nutrition and Health aspects of coconut oil. 9-12. A.*

ATUKORALE, D P (09 Feb. 2001) **Coconut, coconut oil and heart disease.** *The Island. 8,9. (8202)*

ATUKORALE, D P (01 February 2001) **Pol thel kana ratawala hurde rogeen adui : Populations of coconut consuming countries show low level of heart incidence.** *Silumina. 26. (8214) A.*

ATUKORALE, D P (13 March 2001) **Goodness of coconut oil.** *The Island. 11. A.*

BABAYAN, V K (1996) **Sense and nonsense about fats in the diets** *In: Facts about coconut oil Jakarta; APCC. 31-32. (8145) A.*

A few pertinent findings on coconut oil are briefed ensuring that coconut oil is not harmful for human health. The kernel oils (lauric fats) such as coconut are quickely burned and produced energy in the body. They do not elongate and desaturate. They do not enter into the prostaglandin cascade as the long chain tri-glyceride. In the course of our food intake there is enough linolic acid, the essential fatty acid, present to ensure that coconut oil becomes a very acceptable nutritional fat.

BABAYAN, V K (1967) **Medium-chain triglycerides - their composition, preparation, and application.** *Journal of the American Oil Chemists Society. 45. 23-25.*

BALCKBURN, G L ET.AL (1989) **Reevaluation of coconut oil's effect on serum cholesterol and antherogenesis.** *Journal of the Philippine Medical Association. 65. 144-152 ; Cocomunity APCC/QS/18/89, p.1-19. (7504) N.*

Much debate has existed over the controversial issue of diet and cardiovascular disease. Extensive research on the role lipids play in the atherogenic process has demonstrated that cholesterol and various dietary lipids induce hypercholesterolemia, thus supporting the premise that diet has an impact on heart disease. Despite emphasis on "saturated fats" as hypercholesterolemic, this effect actually depends on the fatty acid chain length and related oxidative metabolism. The chemical characteristics of varying chain lengths need to be scrutinized carefully, since "tropical oils" such as coconut oil are still implicated in atherogenesis. Coconut oil, a medium-chain saturated fat, has been a frequent research tool for investigating the theory of saturated vs. polyunsaturated fats'effect on serum cholesterol, but rarely in a physiological or clinical trial.This paper reveiws the animal, human and epidemiological data, emphasizing the error of the accepted relationships between coconut oil and coronary vascular disease. Coconut oil has historically been misrepresented and the scientifc community therefore must be educated on its true metabolic process and effect on atherogenesis.

BAMUNUARACHCHI, ARTHUR (Professor of Applied Chemistry, Department of Chemistry, university of Sri jayawardenapura) (1997)
Characteristics of coconut oil and its food uses. *Proceedinga of the Symposium on Nutrition and Health aspects of coconut oil. 35.*
A.

BELENYESSY, LASZLO I (1996)
Good fats in " Healing of the prostate and all organs by mistetoe and more great botanicals. *In: Facts about coconut oil Jakarta; APCC. 50-51.*
(8148) A.

BLACKBURN, GEORGE L ET.AL (Nutrition/Metabolism Laboratory, New England Deaconess Hospital, Harvard Medical School, Boton MA 02215) (1996)
Reevaluation of coconut oil's effect on serum cholesterol and atherogenesis. *In: Facts about coconut oil Jakarta; APCC. 1-15.*
(8142) A.

CHEMPAKAN, B (1992)
Health hazards of coconut oil - a myth or reality? *Cord. 8. 2.*
(6540) a.

DAYRIT, CONRADO S (Emeritus Professor of Pharmacology, UPLB) (2000)
Coconut oil in health and disease : its and monolaurin's potential as cure for HIV/AIDS. *Indian Coconut Journal. 31 (4). 19-24.*
(8170) A.

DAYRIT, CONRADO S (Professor Emeritus of Pharmacology University of the Philippines, Diliman, QC, Philippines) (1996)
Coronary heart disease and our coconut industry. *In: Facts about coconut oil Jakarta; APCC. 33-34.*
(8146) A.

DAYRIT, CONRADO S (President, National Academy of Science & Technology, Metro Manila, Philippines) (2000)
Coconut oil and coronary heart disease/ coconut as cure for AIDS. *Proceedings of the 37th COCOTECH Meting/ICC 2000, 24-28 July 2000, Chennai, India. 110-122.*
(8183) A.

DE SILVA, MAHINDA (01 Feb. 2001)
Confusion about coconut. *Island. 6.*
(8199) A.

DE SILVA, SIGRID S (Consultant Dietician) (31 Jan. 2001)
Does coconut contain cholesterol. *Daily News. 16.*
(8207) A.

DEVEL, H J ET.AL (1955)
Effect of fat level of the diet on general nutrition XIV: further studies of the effects of hydrogeneated coconut oil on essential fatty acid deficiency in the rat. *J. Nutr. 55. 337-346.*
N.

ELLERBE POLY M; LORNA T S; WELCH M J (1989)
Determination of total cholesterol in coconut oil: a new NIST cholesterol standard reference material. *Journal Agriculture and Food Chemistry. Vol.37p.954-957.*
(5279) A.

A new Standard Reference Material (SRM) consisting of coconut oil with various nutrients added has been developed at the National Institute of Standards and Technology in response to the needs of the food measurement community. SRM 1563 consists of ampules of a coconut oil with added cholesterol and selected fat-soluble vitamins and ampules of the natural coconut oil. We have measured cholesterol in this material by a modification of the definitive method based on isotope dilution mass spectrometry coupled with gas chromatography, originally developed for the measurement of cholesterol in serum. The cholesterol concentration, as total cholesterol, in the fortified oil as determined to be 64.2 ± 0.6 mg/100g of oil. This value with its precision complies with the request of the food nutrient measurement community for a standard with an uncertainty within ± 5 per cent of the certified value at 95 per cent confidence limits. The natural oil as found to contain 0.344 ± 0.014 mg/100g of oil.

ENIG, MARY G ([1999])
Coconut: in support of good health in the 21st century.
(7503) A.

ENIG, MARY G (Director, Nutritional Sciences Division, Enig Associattes, Inc 11120 New Hampshire Avenue, Suite 500, Silver Spring, MD 20904-23633, U S A) (1996)
Health and nutritional benefits from coconut oil and its advantages over competing oils. *In: Facts about coconut oil Jakarta; APCC. 35-49.*
(8147) A.

The health and nutritional benefits that can be derived from consuing coconut oil are unique and compelling. These benefits are under appreciated by consumer and producer alike. Coconut oil has

a place in the arena of physiologically functional foods. A review of the diet/heart disease literature relevant to coconut oil clearly indicates that coconut oil is at worst neutral with respect to athrogenecity of fats and oils, and in fact, is likely to be a beneficial oil for prevention of some heart disases. Additionally, coconut ol provides a source of anti-micribial lipid for individuals with compromised immune systems and is a non-promoting fat with respect to chemical carcinogenesis.

ENIG, MG (1993)
Diet, serum cholestrol and coronary hear disease in man. *Coronary heart disease: dietary sense and non-sense, Janus Publishing, London. 36.*
(8159) N.

ERALY M GEORGE (1995)
Coconut oil and heart attack. *In: Coconut and coconut oil in human nutrition : Symposium on Coconut and Coconut Oil in Human Nutrition. Kochi,Kerala, INdia, 27 March 1994 63-64.*
(7581) A.

FIFE, BRUCE N.D. (1999)
Saturated fat may save your life. *Colorado; Healthwise Publication.*
(612.397 FIF)

FIFE, BRUCE N.D. (2000)
The Healing miracles of coconut oil. *Colarado; Health Wise.*
(R PRODUCT.OIL FIF)

FLORENTINO, R F; AGUINALDO, A R (1987)
Diet and cardiovascular diseases in the Philippines. *Philippine Journal of Coconut Studies. 12. 56-73.*
A.

FRANTZ, I D; FRANTZ, I D (1961)
Cholesterol content of human liver after feeding of corn oil and hydrogenated coconut oil. *Proc. Soc. Exp. Biol. Med. 106. 800-801.*

Goodness of coconut (editorial) (2001 Jan. 22) *Daily News 8*
(8172) A

GRANDE, F; PRIGGE, W F (1974)
Serum lipid changes produced in dogs by substituting coconut oil for either sucrose or protein in the diet. *J. Nutr. 104. 613-618.*
( ) N.

GUNAWARDENA, D G R (Nutritionist, Medical Research Institute, Colombo 08) (1997)
Nutritional role of coconut oil in the pathogenesis of ischaemic heart disease in Sri Lanka. *Proceedinga of the Symposium on Nutrition and Health aspects of coconut oil. 17-24.*
A.

HALDEN, V W; LIEB, H (1961)
Influence of biologically improved coconut oil products on the blood cholesterol levels of human volunteers. *Nutr. Diets. 3. 75-88.*
N.

HANSVOLD ALLAN
Coconuts tomorrow. *Coconuts Today. Vol.6(2)p.27-32.*
(5241) A.

The article deals with various aspects of processing coconut products (kernel) to promote coconut as a healthy food.

HASHIM, S A ET.AL (1959)
Effect of mixed fat formula feeding on serum cholestrol in man. *American Journal of Clin. Nutr. 1. 30.*
(8154)

HEGSTED, D M ET.AL (1965)
Qualitative effects of dietary fat on serum cholesterol in man. *American Journal of Cli. Nutr. 17. 281.*

HILL, E (1971)
Experimental atherosclerosis in swine: 1. comparison of menhaden-oil supplements in tallo and coconut oil diets. *Mayo Clin Proc. 46. 613-620.*
N.

HOSTMARK, A T (1980)
Plasma lipid concentration and liver output of lipoproteins in rats fed coconut fat on the plasma lipoorotein on Mongolian gerbils. *Astery. 7. 367-383.*
N.

INTENGAN CARMEN LI (1988)
Fats and serum cholesterol. *Coconuts Today. Vol.6(2)p.27-32.*
(5243) A.

American Soybean Association promotion campaign in boosting system sales by warning the health-conscious American consumers that coconut and palm oils are hazardous to the health due to high percentage of saturated fatty acids in these oils leading to increasing the levels of serum

cholesterol, one of the causes of coronary heart disease.Fat consumption and caloric intake patterns of Filipinos in different economic levels are reported in relation the intake of saturated fats raising the plasma cholesterol levels. Various studies conducted on the role of coconut oil and other animal and vegetable fat sources and their effect on raising cholesterol levels are presented in counteracting the ASA campaign against coconut oil.

INTENGAN, C I
Studies on coconut oil: I. Relation to growth and serum cholesterol levels of rats, II Relation to bile acid excretion in man. *PhD Thesis submitted to the University Microfilms 61-3886, Ann Arbor, Michigan.*
N.

JAYATISSA, RENUKA (Dr. Renuka Jayatissa, Cionsultant Medical Nutritionist) (27 June 2000)
Coconut consumption: to condemn or not ? *The Island.*
(8076) A.

JENKINS, J E; MEDEIROS, D M (1993)
Diets containing corn oil, coconut oil and cholesterol alter ventricular hypertrophy, dilatation and function in hearts of rats fed copper-deficient diets. *Journal of Nutrition. Vol:123. No:6. 123. 6.*
(6254) n.

KABARA, JON J (Professor Emeritus, Michigan /State University, U S A) (2000)
Nutritional and health aspects of coconut oil. *Proceedings of the 37th COCOTECH Meting/ICC 2000, 24-28 July 2000, Chennai, India. 101-109.*
(8182) A.

KAUNITZ, H; DAYRIT, C S (1992)
Coconut oil consumption and coronary heart disease. *Philippine Journal of Internal Medicine. 30. 165-171 ; Coconuts Today, Vol.9 (1), p.9.*
(7511) N.

KAUNITZ, H (1970)
Nutritional properties of coconut oil. *J. Am. Oil Chemist Soc. 47. 462A-464A, 482A-485A.*
N.

KAUNITZ, H (1973)
Biological effects of CNO and its constituent fatty acids. *Phil.Internal Med. 11. 43-52.*

KAUNITZ, HANS (Clinical Professor of Pathology, Columbia University, College of Physicians and Surgeons, 630 West 168th Street, New York, N Y 10032, U S A) (1996)
Coconut oil consumption and coronary heart disease. *In: Facts about coconut oil Jakarta; APCC. 55-61.*
(8150) A.

KAUNITZ, HANS (Department of Pathology, College of Physicians and Surgeons, Columbia University, New York, N Y 10032) (1996)
Nutritional properties of coconut oil. *In: Facts about coconut oil Jakarta; APCC. 16-25.*
(8143) A.

Coconut oil been one of the most widely used vegetable oils since the agricultural revelution. Only inrecent years has there been contraversy over the desirability of its uses. Contraversy has usually stemmed from observed disturbances of calcium or cholesterol metabolism when hydrogenated coconut ol was fed, frequently with inadequate linoleate supplemantation, to experimental animals. Fur thermore in many of the studies involving cholesterol, entirely unphysiological ammounts of cholesterol has been included here that the findings in such studies are the consequence of abnormal nutrition rather than inherent defects in coconut oil. Evidence from epidemiological studies of arteriosclerosis in populations consuming large anmounts of coconut oil are cited show that coconut oil in a natural diet is not disadvantageous and may even be of advantage. The high level of medium chain fatty acids in coconut oil is discussed from the point of view that theymay contribute to beneficial efects on the part of coconut oil under some abnormal conditions.

KIUTANAR, Q L
Coconut oil: a resource of metabolic energy. *Coconuts Today. Special edition) . 31-41.*
A.

KRITCHEVSKY, D ET.AL (1976)
Experimental atherosclerosis in rabbits fed cholesterol free diets : 5. comparison pf peanut, corn, butter, and coconut oils, exp. *Mol. Psthol. 24. 375-391.*

KURUP, P A; RAJMOHAN, T (1994)
Consumption of coconut oil and coconut kernel and incidence of Atherosclerosis. *Indian Coconut Journal. Vol:25. No:3. 25. 3.*
(6468) a.

The truth is that no systematic study has been carried out so far on the effect of consumption of coconut oil in human subjects. This paper

critically reviews the animal experiments epidemiological studies and human studies with coconut oil carried out so far. Results of any experiment has not proved that coconut oil predisposes an individual to cardiovascular diseases.

KURUP, P A; RAJMOHAN, T (1995)
Consumption of coconut oil and coconut kernel and the incidence of atherosclerosis :Symposium on Coconut and Coconut Oil in Human Nutrition. *In: Coconut and coconut oil in human nutrition :Symposium on Coconut and Coconut Oil in Human Nutrition. Kochi,Kerala, INdia, 27 March 1994 Kochi; Coconut Development Bd. 35-59.*
(7579) A.

LADDUWAHETTY, RAVI (2001 Jan. 20)
More protection for coconut industry. *Daily News. 1.*
(8171) A.

LEVIN C (1992)
Revisiting the coconut oil dust-up. *Coconuts Today. 9. 1.*
(5810) a.

MCCULLAGH, K G; EHRHART, A; BUTKUN, A (1971)
Experimental atherosclerosis in swine: 1. Comparison of menhaden-oil supplements in tallow and coconut oil diets. *Mayo Clin. Proc. 46. 613-620.*

MCGREGOR, L (1974)
Effect of feeding with hydrogenated coconut oil on platelet function in rats. *Proc. Nutr. Soc 33. 1A-2A.*
N.

MCGREGOR, L; MORAZAM, R; RENAND, S (1980)
A comparison of the effects of dietary short and long chain saturated fatty acids on platelet function, platelet phospholipids, and blood coagulation in rats. *Lab Invest. 43. 438.*

MCNAMARA, D J (1987)
Diet and heart disease: the role of cholesterol and fat. *JAOCS. 64. 1565-1574.*

MCOSKER, DE ET.AL (1980)
Influence of partially hydrogenated dietary fats on serum cholesterol levels. *JAMA. 1980. 380.*

MEIJER G W; LEMMENS A G; VERSLUIS A; VANZUTPHEN L F M; CHAPMAN A C (1991)
The hypercholesterolemic effect of dietary coconut fat versus corn oil in hyporesponsive or hyperresponsive rabbits is not exerted through influencing cholesterol absorption. *Lipids. Vol:26. No:5. 26. 5.*
(5509) A.

MENDIS SANTHI; WISSLER ROBERT W; BRIDENSTINE R TIMOTHY; PODBIELSKI FRANCIS J (1989)
The effects of replacing coconut oil with corn oil on human serum lipid [rofiles and platelet derived factors active in atherogenesis. *Nutrition Reports International. Vol.40 (4) , p.773-82.*
(5429) A.

Young, healthy individuals living in Sri Lanka often consume a diet containing coconut oil as their main source of fat. Blood lipid values and selected platelet related factors have been measured in a group of 16 free living young adults, ages 16 to 21, before and 8 weeks after they had been shifted from their usual diet to a similar one in which the coconut oil was replaced by whole milk powder and corn oil. The results indicate that their blood cholesterol, cholesteryl ester, and several other related circulating blood lipid values, as well as the platelet factor 4 values, were elevated prior to the diet change. Many of these factors, associated as risk factors for atherogenesis, were substantially reduced at the end of the diet change. The only plasma components which were altered substantially were the triglycerides and the HDL cholesterol. These results suggest that the special atherogenic effects of coconut oil that have been demonstrated in so many animal models may be similarly active in humans.

MENDIS, SHANTHI; KUMARASUNDERAM, R (1990)
Effect of daily consumption of coconut fat and soyabean fat on plasma lipids and lipoproteins of young normolipidemic men. *British Journal of Nutrition. 63. 547-552.*

MENDIS, SHANTHI (Professor, Head/Department of Medicine, Faculty of medicine, University of peradeniya) (1997)
Coronary heart disease and coconut fat. *Proceedinga of the Symposium on Nutrition and Health aspects of coconut oil. 13-16.*
A.

MIRANDA, C L; CAEDO, M; GONZALES, J M (1974)
Effect of coconut-corn oil mixtures on white rats. *Phil.J.Nutr. 27. 13-20.*

MOORE, THOMAS J (1989)
Cholesterolmyth. *Atlantic Monthly. [.]*
(8153) N.

PAUL, THOMAS; MUKKADAN, J K (1995)
Is coconut oil consumption a major risk factor for coronary artery disease? *In: Coconut and coconut oil in human nutrition : Symposium on Coconut and Coconut Oil in Human Nutrition. Kochi,Kerala, INdia, 27 March 1994 60-62.*
(7580) A.

PEIRIS,SUSIL (24 Feb. 2001)
Kaprukata maru gena kolesterol bheeshanaya : Coconut palm and the cholesterol phobia.
Divaina. 8.
(8213) A.

PERERA, DANISTER (Secretary to the Board of Directors of the Gampaha Siddayurvedic Pharmaceutical Co. Ltd.) (1997)
Our national heritage: prophylactic and therapeutic potentiality of coconut oil as a basic vehicle in medicinal oils of ayurvedic pharmaceutical industry.
Proceedinga of the Symposium on Nutrition and Health aspects of coconut oil. 36-44.
A.

PETERS, F E (1956)
Bioliography of the nutritional aspects of the Coconut South Pacific Commission.
N.

PIYASENA, CHANDRANI (Head, Nutrition Division,Borella Medical Research Institute) (25 Jan. 2001)
pol thelata bhaya wenna epa : Dont be scared of coconut oil. *Dinamina. 12.*
A.

PODBIELSKI, F; HARRIS, L; BRIDENSTINE, T; VESSELINOVITCH, D; WISSLER, R W (1985)
Platelet factor 4 plasma elevation produced by coconut oil feeding. *Arteriosclerosis. 5. 529.*

PODBIELSKI, F J (1987)
Plasma levels of platelet factor 4 in animals fed high fat/cholesterol-containing diets (special elevation effects of coconut oil). *Dissertation,MS, University of Chicago.*

PODBIELSKI, F J; HARRIS, L; BRIDENSTINE, R T; VESSELINOVITCH, D; WISSLER, R W (1986)
Plasma platelet factor 4 response in rhesus monkeys fed coconut oil. *Washington:NHLBI workshop on Vascular Disease.*

POHE, J
[Heart rots and fruit drop of Cocos nucifera. Epidemiology. Activity report of first semester 1991].
Yamoussoukro; Yamoussoukro.
(6516) n.

PRIOR, IAN A (Epidemiology Unit, Wellington Hospital, Wellington, New Zealand) (1974)
cardiovascular epidemiology in New Zealand and the Pacific. *New Zealand Med. J. Jakarta; APCC. 80. 245-252.*
(8151)

Proceedinga of the Symposium on Nutrition and Health aspects of coconut oil, Kerala, India (1997)
Kerala; CDA 51p.
A

RAHEJA, BIHAR S; BHORASKAR, A S (1999)
Health benefits of coconut oil. *Indian Coconut Journal. 30 (7). 7-12.*
(7804) A.

(Reader, Biochemistry Department, University of Kerala, Karravattom, Thiruvananthapuram 695581, India) (1997)
Study on the effect of consumption of coconut kernel and coconut oil on the serum lipid profile. *xiii, 224p.*
(8173) A.

RAJAMOHAN, T.; ARAVINDAKSHAN, M.. ED. (1997)
Study on the effect of consumption of coconut kernel and coconut oil on the serum lipid profile.
Kochi; CDB.
(634.61 RAJ)

RAMDATH DAN; GOLDEN MICHAEL (1989)
Dietary fats and cholesterol : case for coconut oil.
Cajanus. Vol.22(4)p.230-235.
(5427)

A recovery diet containing coconut oil was used to facilitate catch up growth of malnourished children. On this diet plasma levels of vitamin E and whole blood levels of Glutathione, not only became normal, but remained constant throughout recovery. Thus, the use of coconut oil in the recovery diet of malnourished children resulted in the maintenance of the normal antioixidant status in contrast to diets containing corn oil.

RATNAYAKE, S B (Director (Quality Control Assurance), Coconut Development Authority, 54, Nawala Road, Colombo 05) (1997)
Epilogue. *Proceedinga of the Symposium on Nutrition and Health aspects of coconut oil. 45-46.*
A.

REISER, R; PROBSSTFIELD, J L; SILVERS, A (1985)
Plasma lipid and lipoprotein response of humans to beef fat, coconut oil, and safflower oil.
Amer.J.Clin.Nutr. 42. 190-197.

SANTOS, E C (1983)
The atherogenicity of Philippine coconut oil. *NSTA Technol.J. 8. 28-32.*

SENEVIRATNE EPA, S, (Chairman NCD Committee of the Sri Lanka Medical Association) (14 Feb. 2001)
Coconut oil and cholesterol. *Daily News. 20.*
(8195) A.

SENEVIRATNE, S (Chairman, NCD Committee of the Sri Lanka Medical Association) (31 Jan. 2001)
Goodness of coconut. *Daily News. 23.*
(8205) A.

SINDHURANI, J A; RAJAMOHAN, T (1999)
Effect of dietary fiber from coconut kernel on cholesterol metabolism. *Indian Coconut Journal. 30 (5). 12-16.*
(7812) A.

SMIT, M J (1994)
Effects of dietary corn and olive oil versus coconut fat on biliary cholesterol secretion in rats.
International Journal of Vitamin and Nutrition Research. 64. 75-80.
(7509) N.

STERN RACHEL (1991)
Tropical oils in the American diet. *Coconuts Today. Vol:8. 8.*
(5804) a.

Meanwhile investigations are going on to seek it's effects on human health. If the investigations of time experience are good indicators, palm and coconut oil stand on firm ground.

ARAVINDAKSHAN, M., ED; MARKOSE, V.T., ED.; KUMAR, T.B.NANDA. ED. (1995)
Coconut and coconut oil in human nutrition. : proceedings of the Symposium on Coconut and Coconut Oil in Human Nutrition Held on 27th March 1994 at Kochi in Kerala. *Kochi; CDB.*
(634.61 COC) (7797) A.

Even though coconut oil has many desirable and unique characteristics as an edible oil, several misconceptions have been perpetuated regarding its use as a dietary fat. Many of these misconceptions originated from the research findings of 1950s based on animal experiments, which had many draw backs, like feeding solely coconut oil without supplementing the essential fatty acids. Since coconut oil is consumed as a part of the diet, the total effect under such a situation may be entirely different. Studies conducted in Polynesia, Sri Lanka and Philippines also point out that coconut oil when taken as a part of normal diet has no linkage with the increased level of cholesterol and the incidence of heart diseases. Of late the Omega nutrition theory put forwarded by famous endocrinologists in India favours consumption of coconut oil, mustard oil and ghee by diabetic and heart patients owing to the low content of Omega-6.

VARMA, C R R (1995)
Coconut and the cholesterol syndrome. *In: Coconut and coconut oil in human nutrition : Symposium on Coconut and Coconut Oil in Human Nutrition. Kochi,Kerala, INdia, 27 March 1994 p72-76.*
(7583) A.

VIJAYA KUMAR (18 Feb. 2001)
Cholesterol, saturated and unsaturated fats.
Sunday Island and Daily News. 10, 18.
(8201) A.

WAIDYANATHA, U P DE S (Chairman, Coconut Research Institute, Lunuwila, Sri Lanka) (16 july 2000)
'Pol polls: does coconut oil cause artery - clogging?
Sunday Times Plus [?].
(8067) A.

WAIDYANATHA, U P DE S (Chairman, Coconut Research Board, Lunuwila, SRI LANKA) (01 Feb. 2001)
Coconut oil and cholesterol. *The Island. 8.*
(8193) A.

WAIDYANATHA, U P DE S (07 March 2001)
Coconut and cholesterol. *The Island.*
A.

WAIDYANATHA, U P (10 March 2001)
Coconut and cholesterol - some hard facts.
DAily News. 8.
A.

Arresting misperceptions: coconut oil is not bad. *The Island. 1,11.* A.

WICKRAMANAYAKA, T W (Professor Emeritus, University of Peradeniya) (1997)
Coconut- a biochemist's point of view. *Proceedinga of the Symposium on Nutrition and Health aspects of coconut oil. 29-34.* A.

WICKRAMANAYAKE T W
The coconut and the heart disesase. *Indian Coconut Journal. Vol.19(2)p.9-12.* *(4870)* A.

A detailed account on coconut cholesterol and heart diseases has been presented. Prolonged daily intake of coconut fat in quantities of 50g or less has not proved any increase of blood cholesterol. It was estimated in 1981 that the per capita consumption of coconut is less than 34g. Hence any increase of heart disease cannot be due to an increased consumption of coconut.

WICKRAMANAYAKE, T W (Professor Emeritus, University of Peradeniya) (2001 Jan. 02)
Coconut and cholesterol. *The Island. 11.* *(8169)* A.

WICKRAMANAYAKE, T W (Professor of Biochmistry, Ruhuna University College P O Box 70, Galle, Sri Lanka) (1996)
Coconut and heart disease. *In: Facts about coconut oil Jakarta; APCC. 26-30.* *(8144)* A.

WICKRAMANAYAKE, T W (Professor Emeritus, University of Peradeniya) (19 Feb. 2001)
Fats, fatty acids and cholesterol. *Island. ?* *(8200)* A.

WICKREMASINGHE, R L (1997)
Chemistry and biochemistry of coconut oil. *Proceedinga of the Symposium on Nutrition and Health aspects of coconut oil. 25-28.* A.

WISSLER, R W; VESSELINOVITCH, D; PODBIELSKI, F; DUMANIAN, L G; TREMOLI, E; KEZDY, F (1984)
The acute effects of coconut oil and peanut oil-containing rations on lipid and endothelial(platelet) metabolism in rhesus monkeys. *Fed Proc. 44. 1135.*

YAPA, PIYASIRI AMILASITH (Senior Lecturer, Sri Jayawardenepura University, Nugegoda) (26 Feb. 2001)