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## AN ANALYSIS OF HEALTH BENEFITS OF COCONUT

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### ABSTRACT

Coconut & palm oils, which have main sources of dietary fats throughout much of West Africa for millennia, have labeled as harmful, high-saturated fats. Its intake has promoted as a way to elevate blood cholesterol levels & therefore increase risk of coronary heart disease. Because of this negative perception, its use in West Africa has decreased, & it has been replaced by imported vegetable oils. Recent evidence, on the other hand, suggests that these oils have some positive benefits, especially in terms of nutrition, health, & national development. A greater knowledge of its impacts on health, nutrition, & country development is necessary. As a result, the purpose of this article is to examine functions that coconut & palm oils play in these areas in developing nations in order to advocate for its reintroduction into local diets.

**KEYWORDS:** Coconut, *Cocos nucifera*, Health, Milk, Oil.

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