

# COCONUT MILK

## NUTRITIONAL INFO:

CALORIES: 552

FAT: 57 GRAMS

PROTEIN: 5 GRAMS

CARBS: 13 GRAMS

FIBER: 5 GRAMS

### **Minerals:**

Vitamin C, Folate, Iron, Magnesium, Potassium, Copper,  
Manganese, Selenium

## MAIN HEALTH BENEFITS:

ABOUT 93% OF ITS CALORIES  
COME FROM FAT, INCLUDING  
SATURATED FATS KNOWN AS  
MEDIUM-CHAIN TRIGLYCERIDES  
(MCTS). MCT'S ARE METABOLISED  
IN THE LIVER INTO KETONES FOR  
ENERGY AND ARE NOT STORED AS  
FAT.

MAY BENEFIT WEIGHT LOSS AND  
METABOLISM.

MAY BENEFIT CHOLESTEROL AND  
HEART HEALTH

MAY REDUCE INFLAMMATION.

MAY DECREASE STOMACH ULCER  
SIZE.

MAY FIGHT VIRUSES AND  
BACTERIA.

