

# RBD COCONUT OIL

At Food4Change, our "Refined, Bleached, and Deodorized" (RBD) oil is obtained from dried coconut kernel, which is cold pressed to extract the oil. This yields practically all of the oil present, amounting to more than 60% of the dry weight of the coconut. This oil is then processed with organic clay to produce a product with no coconut taste or aroma. The oil is then filtered to produce a high quality refined product.

## Quick Facts:

- Contains medium chain triglycerides (MCTs), which are an efficient natural energy source
- Odourless for broad use in all types of recipes
- Anti-inflammatory
- Aids in losing weight and building muscle
- Dietary supplements
- Add to hot beverages, topping oatmeal, and popcorn
- Use in cosmetics, hair products, skin care as a moisturizer
- Use in massage oil, lip balms, and soaps
- Excellent for frying foods
- Smoke point - 190°C



## Nutrition Facts

Serving Size 1 tbsp (15mL)

Amount Per Serving

**Calories** **130**

% Daily Value\*

**Total Fat** 14g **22%**

**Saturated Fat** 14g **70%**

**Total Carbohydrate** 0g **0%**

**Protein** 0g **0%**

Not a significant source of trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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