

COCONUT OIL AT A GLANCE

Process	Dry	Dry	Dry	Dry	Dry	Wet	Wet	Wet
Category	Refined	Refined	Refined	Refined	Unrefined	Unrefined	Unrefined	Unrefined
Coconut Oil Type	Hydrogenated	Liquid	Solvent-Extracted	Expeller Pressed	Pressed	Fermented Enzymatic	Boiled Refrigerated	Centrifuged
Dirty vs Clean	Dirtiest							Cleanest
Characteristics	Unhealthy	Lauric Acid Removed	Chemical Residue	Bland & Odorless	Coconut Flavor & Aroma	Sour, Light to Potent Aroma	Smooth, Light Aroma	Creamy, Light Aroma Truly Raw
Color When Solid (Edible Coconut Oil)	Yellow	n/a	n/a	Whitish/Yellow	White	White	White	Snow White
Uses	Confectionery	Skin Care	Cleaning Products	Cooking Personal Care	Cooking Personal Care	Cooking Personal Care	Cooking Personal Care	Cooking Personal Care
Availability	Mainly Tropical Regions	Common Retail	Common Industrial	Common Retail	Most Common Retail	Not Common But Available	Not Common But Available	Not Common But Available

"Dirty" is defined as use of solvents or heat ranging from above 118°F (48°C) to over 220°F (104°C), or both.

"Clean" defined as lack of use of solvents or heat, or both.

"Cooking" also includes using coconut oil as a raw ingredient as in smoothies and coffee, and on toast.

"Personal Care" is defined as skin and hair care, or oral hygiene.



And this is how
CocoNana is born!