

Coconut oil, healthy seasoning alternatives and healthier eating in 2016!!!

Are you looking for healthier eating alternatives in 2016? Start with how you season and cook your food! Eating fresh organic veggies is a great start but if we continue to load them with processed seasonings there is no added benefit. Try trading your table salt for pink Himalayan salt, season salt for cayenne pepper and garlic salt for garlic powder! This trio makes for a great flavor combination, I guarantee it. If you're really in the mood for change, try incorporating coconut oil for sautéing instead of olive oil. Coconut oil contains plant based saturated fats that are different from those found in animal based saturated fats like butter. Many people cringe at the thought of saturated fats but the standout factor of coconut oil is lauric acid. Lauric acid is one of the many fatty acids found in human breast milk. It has anti-inflammatory and antimicrobial properties that may provide health benefits. If the idea of cooking with coconut oil isn't appealing to you, simply opt for organic unrefined olive oil products. Simple changes now, make for big results later!

Cami Lee

Fitness Specialist- NMB Aquatic and Fitness Center

B.S. Health Fitness Specialist

East Carolina University